

Dr. Bobby's December Bariatric Bulletin

"Don't let the past steal your present." Taylor Caldwell

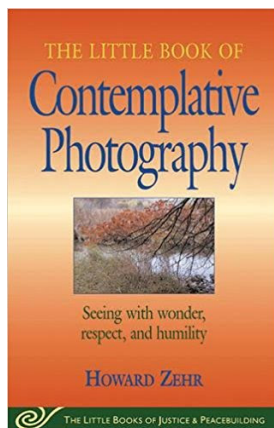
Support Group

December Meeting

This month's support group is Monday December 11th at 6:30pm. All meetings are located at Eisenhower Medical Center in the Annenberg Center for Health Sciences. Support group is open to anyone who has had or is working towards weight loss surgery and their support persons. This month we will welcome Kimberley Yang, PhD who will be discussing the topic "The Weight is Coming off, So What do I Want from it?"



Feature



Featured Book

"The Little Book of Contemplative Photography: Seeing with Wonder, Respect, and Humility" by Howard Zehr invites readers to look at the world around them in a different light. Each chapter offers a Purpose, a Problem, and an Activity for Mindfulness.

[Get the Book](#)



Featured Recipe

Looking for a chicken recipe that's easy and contains ingredients you have on hand? Try this Crispy Chicken with White Beans recipe. All you need is chicken thighs, pesto sauce, white beans, red onion and a small pepper. Packed with protein and fiber.

[Get Recipe](#)



Featured Product

Nutrametrix Vitamins released a new product called Turn Up. This delicious drink provides mental clarity, focus, and energy. It is perfect for weight loss surgery patients avoiding caffeine. The beverage also counts towards 64 oz of fluid each day.

[Try it Out](#)

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Sincerely,

Bobby Bhasker-Rao MD, FACS
Bariatric Surgeon
Lite Life Surgery