



Bariatric Surgery Support Group

Meeting Held at N1City in the Oncology building, First floor Boardroom. (Not regular venue)

Date: 19.02.19 at 6:00pm **SHORT AND SWEET MEETING**

Please save my cell number on your phone in order to receive any broadcast messages from me: 073 141 2580 – Bambine

Very few people responded to the last mail requesting to be kept on the mailing list. If you have not confirmed by replying to this mail, then please do so.

Information and Notes

As noted down in my non-professional understanding of everything discussed at the meeting. 😊

Meeting attended by Committee: Sandi Loggenberg, Bambine Rogers (073-141-2580) and Collette Julyan. Rhine, Judy and Dr. Potgieter sent apologies.

Some things discussed and brought up...

It was asked via Whats App: at what stage can we stop crushing our tablets post op. Most of the members agreed that at about 6 - 8 weeks post op you should be able to swallow most of your tablets.

EXCITING TALK TO LOOK FORWARD TO AT THE NEXT MEETING!

We have a very interesting speaker discussing an interesting topic. Discussing her journey of how her social life took a turn for the worse, a bit of weight gain and loss again... How did she lose it? What's the secret?

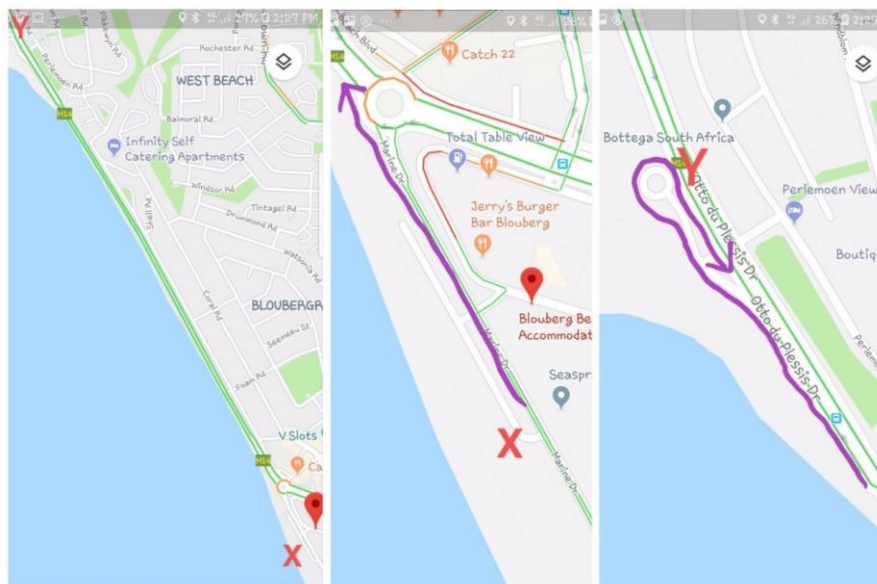
Next Fun walk: Saturday 23rd March at

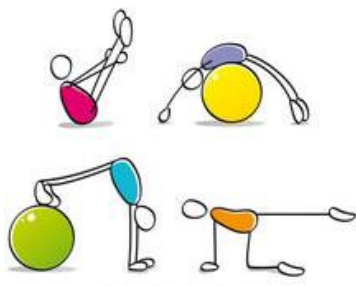
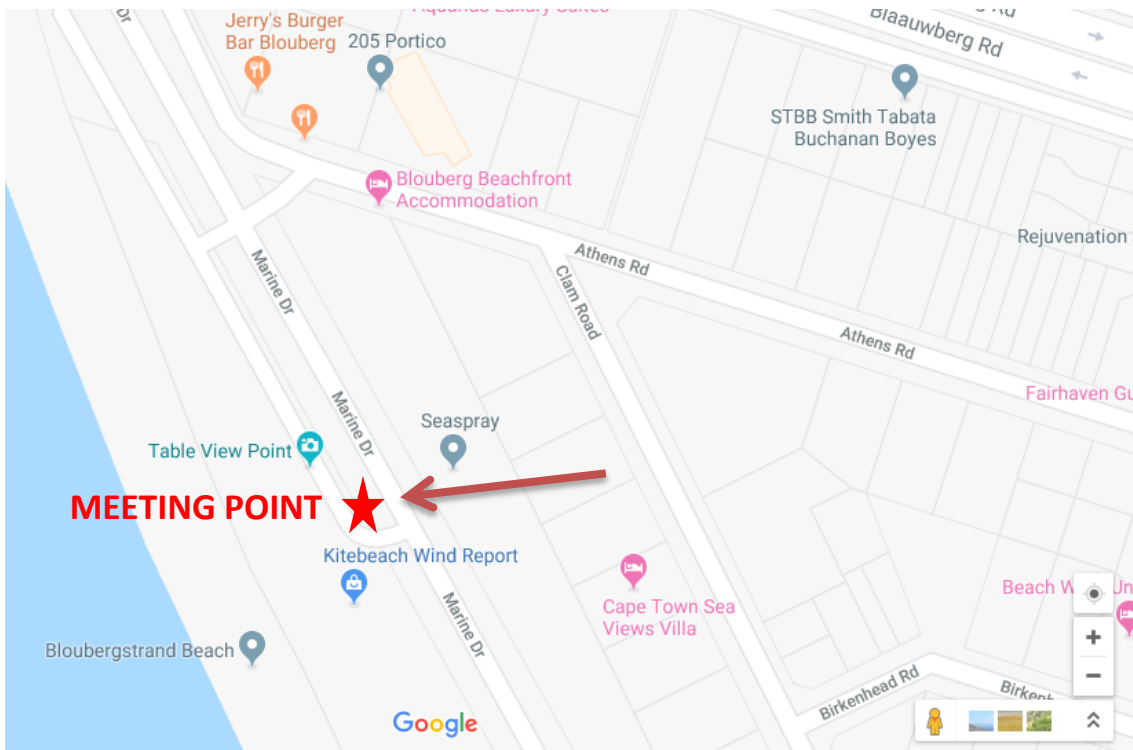


7:30am – Who is coming?

Meeting at the parking area by the information centre as per map. It is a nice 5km walk that we can all do. No rush, no expectations, just a casual walk with friends.

This is not an official walk, all very casual, we will all meet at the parking area in front of the information centre opposite the 'Seaspray complex'. Walk a slow 5Km's and get on with our weekend from there. We would walk from mark 'X', and walk to the circle at 'Y' as the halfway point and return. The round trip is 5Km's.





Suggestions of having an exercise group once or twice a week. I can offer a hall in the Tableview Area twice a week. Pilates, Zumba or something where us "like minded" people and even our Families can get together and do a bit of exercise.

JOIN OUR FACEBOOK PAGE!



We encourage members to be more active on our Facebook group as this will encourage others. Share recipes, ideas and 'before and after' pics are always a great motivation to others. This group is VERY private and can't be seen by the public. You will have to send Sandi (Sandi Loggenberg) or myself (Bambine Rogers) a 'Facebook friend request' (Please add a message saying you would like to be added to the group), we will then add you to the group. I know I don't accept random friend requests, so please state who you are and your intentions for befriending me, else I might just think you're a stalker and I don't add you. lol.

That's all for now folks!

Feedback always appreciated on any issues discussed at the meeting and or questions anyone might have. bambinerogers@gmail.com