

Lifestyle Lab 2019

Learn Healthy Lifestyle Lessons at "The Lab"

Post-Op classes for PIH Health bariatric patients - Taught by our expert team

DATE	TOPIC	SPEAKER
Tuesday, January 22, 2019 6:30 - 7:30 pm	"Dancing with the Doc"	Justin Braverman MD
Tuesday, February 26, 2019 6:30 - 7:30 pm	"Practicing Mindful Eating"	Rachel Lander-Canseco, Registered Dietitian
Tuesday, March 26, 2019 6:30 - 7:30 pm	"Mental Health and Stress"	Karina Arias LCSW
Tuesday, April 23, 2019 6:30 - 7:30 pm	"Cosmetic Surgery After Weight Loss"	Millicent Rovelo MD
Tuesday, May 28, 2019 6:30 - 7:30 pm	"Binge Eating: What is it and how to avoid it"	Rachel Lander-Canseco, Registered Dietitian
Tuesday, June 25, 2019 6:30 - 7:30 pm	"Getting Back on Track"	Justin Braverman MD
Tuesday, July 23, 2019 6:30 - 7:30 pm	"Shopping Healthy"	Rachel Lander-Canseco, Registered Dietitian
Tuesday, August 27, 2019 6:30 - 7:30 pm	"Success Stories"	PIH Health Patients
Tuesday, September 24, 2019 6:30 - 7:30 pm	"Basic Exercises to Build Muscle"	Cindea Trejo, Certified Personal Trainer
Tuesday, October 22, 2019 6:30 - 7:30 pm	"Weight Loss versus Weight Maintenance"	Justin Braverman MD and Rachel Lander-Canseco, Registered Dietitian
Tuesday, November 5, 2019 6:30 - 7:30 pm	"Holiday Eating"	Rachel Lander-Canseco, Registered Dietitian
Tuesday, December 3, 2019 6:30 - 7:30 pm	"Why Vitamins are Important"	Rachel Lander-Canseco, Registered Dietitian

LOCATION

PIH Health Hospital - Whittier
Lower Level Conference Room
12401 Washington Blvd., Whittier, CA 90602
562.698.0811 Ext. 12918

