

Roger Williams Life Changers

Weight loss for a healthy life

Want the latest news and information from our program?

Visit Facebook and search for:

Roger Williams
Medical Center Weight
Loss Surgery



Announcements

Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Upcoming WLS Support Groups

We will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm with
Diana Beaton RDN

April 27, 2023

2nd Thursday of the month at 6:00-7:00 pm with
Carmen Diaz-Jusino (in Spanish)

May 4, 2023

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the meeting. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for information on our support groups. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.

Getting Support on Your Weight Loss Journey



Having weight loss surgery is a big decision. You don't have to feel alone on your journey. We run monthly support groups in English and Spanish. See page 1 of this newsletter for more information.

Another resource you may find helpful is an online support group run by Unjury, a company that makes bariatric vitamins and protein shakes. They offer free weekly Zoom presentations on different topics. You can ask questions during the live session using the "Question & Answer" and "chat" function. Here are some of the topics for April 2023:

April 12 Session #8 Bariatric Recipes and Meal Prep,
Stephanie Garcia MS RD

April 19 Gentle Exercise for Bariatric Patients,
Cynthia Dales, Bariatric Personal Trainer

April 26 Session #1, Intro to Bariatric Surgery,
Stephanie Garcia MS RD, Ann Olson

Unjury support groups meet every Wednesday at 7:00 pm. If you miss the session, you can always listen to the recording; it's automatically sent to your email the next day. There is no requirement to attend all the sessions. For



more information, go to www.unjury.com under Resources>Unjury Cares. The pre-surgery program includes 8 sessions that meet every other week at 7 pm. The new sessions starts on April 26.

Have you started your walking program? April is the perfect month to start.

Get walking with this 12-week walking schedule

Are you looking to ease into getting in shape? This 12-week walking schedule from the National Heart, Lung, and Blood Institute can start you on the path to better health. But before starting this walking plan, talk with your doctor if you have serious health issues, or if you're older than age 40 and you've been inactive recently.

For more information, see this [12-week walking schedule](#).

From the Mayo Clinic



Stay Connected!

 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip or recipe to share. Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org



Shrimp Paella

Ingredients:

- 2 tsp. extra virgin olive oil
- ½ tsp. turmeric
- 1 cup chopped red bell pepper
- 1 cup frozen green peas
- 1 Tbsp. minced garlic
- 2 (8.8 oz) packages pre-cooked brown rice
- 3 Tbsp. unsalted chicken stock
- ¾ tsp. salt
- ½ tsp. pepper
- 12 ounces frozen medium shrimp, thawed, peeled, and deveined
- 2 Tbsp. fresh lemon juice

Directions:

- Heat oil in a large skillet over medium-high. Add turmeric; cook 1 minute, stirring constantly. Add bell pepper, peas and garlic to pan; cook 2 minutes, stirring occasionally.
- Stir in rice; spread in an even layer. Cook, without stirring, 3 minutes. Reduce heat to medium. Stir in stock, salt and pepper. Spread rice mixture in an even layer in pan. Cook, without stirring, 7 minutes.
- Arrange shrimp on top of rice mixture; cover and cook 3 to 4 minutes or until shrimp are done. Drizzle lemon juice over pan. Serve immediately.
- Servings per recipe: 4

Nutritional Facts: (per serving): calories 366, protein 19g, carbs 44g, fiber 5g, fat 11g
www.eatingwell.com 4/4/2023