

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. Please feel free to join us!

4th Thursday of the month at 5:00-6:00 pm (in English)

- March 28, 2024
- April 25, 2024

1st Thursday of the month at 7:00-8:00 pm (in Spanish)

- April 4, 2024
- May 2, 2024

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.

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. Here are some of the topics for March 2024. Please note that the 8-week Great Start sessions begins March 27 and meets every other week on Wed. evening at 7:00 pm. For more information, see www.unjury.com under Unjury Cares.

March 20 Lifelong Support

Ask a Dietitian Amy Thul, RDN & Kristie (Unjury team)

March 27 Great Start

Session #1: *Intro to Bariatric Surgery* Stephanie Garcia, MS, RDN, Raechel (Unjury team) & Ann Olson

Healthy Cooking Classes

Join Chef Marianne from Nutritional Weight and Wellness to gain some healthy (and delicious) inspiration to get you back in the kitchen. These are online cooking classes.

Meat- Roast, Braise & Sauté Wednesday, March 27, 2024 7:00pm - 8:15pm

In this class, we'll cover different cuts of meat, what to look for when buying, and what to do with it once you are in your kitchen. Using your slow cooker/ Instant Pot, oven and sauté pan, we will answer all your "what should I do with this?" questions.

Vegetables: Raw, Roast, Steam and Sauté Wednesday, April 3, 2024 7:00pm - 8:15pm

Veggies give you lots of vitamins, minerals, fiber, and a range of other health benefits. But how do you add more to your plate? How do you prepare them to be delicious? In this class, you'll learn ways to "eat the rainbow" by choosing and preparing colorful veggies in a variety of ways.

Cooking For One Wednesday, April 17, 2024 7:00pm - 8:15pm

How do I cook for just me?" In this class, we'll go into the fridge, pantry, and freezer to show you how to put together some homemade meals that are nourishing, simple, and easy for those who are cooking for one.

To sign up and for more information, see:

www.weightandwellness.com/classes/cooking-classes/



Green Protein Smoothie (happy St. Patrick's Day)

Ingredients:

- 2 handfuls fresh spinach, or ¾ cup frozen
- 1 cup milk of choice, I used unsweetened almond
- 1 cup frozen mango or other fruit
- 1 tablespoon peanut butter, or to taste
- 1 scoop protein powder of choice (or vanilla whey protein powder or ½ cup Greek yogurt)
- 1 tablespoon chia seeds
- 1 tablespoon ground flax
- ½ teaspoon vanilla
- ½-1 cup water, or to taste

Directions:

1. Add milk and spinach to your blender. Puree until smooth and no chunks of greens remain.
2. Add mango or other fruit, peanut butter, protein powder, chia seeds, vanilla, and ground flax to the blender. Blend again. Check for desired consistency. If needed, add water ½ cup at a time or some ice and reblend if needed. Pour into two glasses, and enjoy right away.

Nutrition info: ½ recipe: 181 calories, 15 g protein, 10g carbs, 10g fat, 4g fiber.

From: www.thenaturalnurturer.com



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 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