

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**

Support Groups

Online Weight Loss Surgery Support Group

Facilitator: Diana Beaton RD. If interested please email Diana at Diana.Beaton@chartercare.org. All meetings will be held on Zoom. You will receive a link to join the meeting by email.

Thursday, February 25 at 5:00-6:00 pm

Thursday, March 25 at 5:00-6:00 pm

En Línea Grupo de Apoyo en Español

Facilitadora: Carmen Diaz-Jusino

Jueves 4 de marzo a las 7:00 a 8:00 pm

Jueves 1 de abril a las 7:00 a 8:00 pm

Para registrarse en un grupo de apoyo, envíe un correo electrónico a Diana a Diana.Beaton@chartercare.org. Recibirá un enlace para unirse a la reunión de Zoom. Necesita una computadora o teléfono que tenga acceso a Internet y una cámara.

Great Start Support Group (Unjury Cares)

For Pre-Op to 1 year Post-Op

Six sessions taught by an experienced bariatric dietitian. The classes cover general bariatric nutrition, pre-op diets, post-op vitamin and nutrition needs, expectations for surgery, prepping your home, family and

friends, sleep, exercise, and motivation. This is a great refresher series for alumni too.

Great Start Support Group meets every other week on Tuesdays at 7:30pm ET. Register at www.unjury.com under Unjury Care.

February 16- Getting Ready for Surgery and Beyond with Family and Friends

March 2- Sleep, Exercise, Motivation and Support

March 16- Patient Success Stories

Lifelong Success Support Group (Unjury Cares)

For 1 year Post-Op and beyond

Free weekly meetings. Patients will hear from bariatric experts and patient advocates each week. They can ask questions, share experiences, and continue learning throughout their journey.

Lifelong Success Support Group meets every Wednesday night at 7:00pm ET. Register at www.unjury.com under Unjury Cares.

February 17 - Jessica De La Cerda - Patient Advocate, Overcoming Fear

February 24 - (TBD, check website)



Roger Williams
MEDICAL CENTER

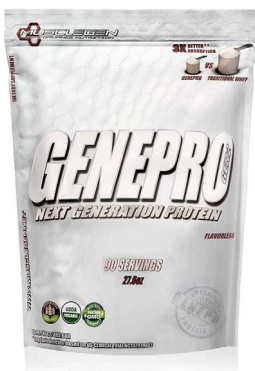
A Better Way to Better Health Care

Announcements

- Are you interested in learning more about weight loss surgery? You can view our online seminars at [Weight Loss Surgery | CharterCARE](#)

Tips

- Did you know that UNJURY and Bariatric Pal (Genepro) both sell unflavored protein powder that you can mix in hot or cold liquids or foods? If you are getting tired of the sweet taste of your protein shakes, check out these web-sites for ways to incorporate more protein easily. See www.unjury.com or www.bariatricpal.com




- Have you tried the Baritastic app yet? You can set reminders for drinking water, protein shakes, vitamins and minerals and meals. It also has a timer so you can measure how fast you're eating as a reminder to slow down. I love the recipes too. Download it today, it's free! Check it out to find out how to connect to others on Facebook or via the app for support.

Disclaimer: Roger Williams Medical Center Weight Loss Surgery does not endorse specific products or recommendations from UNJURY, Bariatric Pal or Baritastic. Please follow specific guidelines from your surgeon, nurse practitioner, physician assistants and/or dietitians.



A Better Way to Better Health Care

Stay Connected!

 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip for staying active in the winter during this pandemic? or a nutrition, fitness or bariatric app that has been helpful? Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org



Middle Eastern Chicken & Chickpea Stew

This quick, protein-rich chicken stew recipe gets great flavor from cumin, lemon juice and garlic. From EatingWell.com

Ingredients:

- 4 cloves garlic, finely chopped
- ¾ teaspoon salt, divided
- ¼ cup lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground pepper
- 1 pound boneless, skinless chicken breasts, trimmed, cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 yellow onion, chopped
- 1 14-ounce can no-salt-added diced tomatoes
- 1 15-ounce can chickpeas, rinsed, drained
- ¼ cup chopped flat-leaf parsley

Directions:

1. Mash garlic and 1/2 teaspoon salt on a cutting board with the back of a fork until a paste forms. Transfer to a medium bowl and whisk in lemon juice, cumin, paprika and pepper. Add chicken and stir to coat.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring occasionally, until golden brown, 6 to 8 minutes. Using a slotted spoon, transfer the chicken to the pan (reserve the marinade) and cook, stirring occasionally, until opaque on the outside, about 4 minutes. Add tomatoes with its juice, chickpeas, the reserved marinade and the remaining 1/4 teaspoon salt. Reduce heat to medium and cook, stirring occasionally, until the chicken is cooked through, 5 to 7 minutes more. Serve sprinkled with parsley. Serve the stew with couscous and steamed broccoli.

Nutrition Facts- Serving size: 1 cup; per serving: 214 calories, 22 g. protein.