

Adjust to Your New Normal

The **Am I Hungry? Mindful Eating Program for Bariatric Surgery** is designed to prevent, identify, and resolve the maladaptive eating habits and emotional eating issues that commonly lead to problems after bariatric surgery, including:

- Eating too quickly, taking large bites, or not chewing thoroughly
- Eating mindlessly while distracted, leading to overconsumption
- Not savoring food and having difficulty feeling satisfied with small volumes of food
- Eating too much, leading to discomfort, vomiting and/or distention of the pouch
- Grazing and/or eating "slider" foods and calorie dense soft foods and liquids
- Emotional eating
- Not consuming enough protein or nutrient-rich foods
- Feeling guilty, deprived, or left-out in social situations
- Struggling to establish consistent, joyful physical activity
- Difficulty adjusting to life after bariatric surgery

Am I Hungry?[®] Mindful Eating for Bariatric Surgery Program

8-Week Workshop including:

- Eye-opening, interactive workshops facilitated by licensed Am I Hungry? Mary Pike LCSW
- Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle • Am I Hungry? Mindful Eating for Bariatric Surgery Companion Workbook and Journal by Michelle May MD with Margaret Furtado MS RD

Attend a **free virtual** information session to learn if **Am I Hungry?** is right for you.

January 7th, 4:30 pm via Microsoft Teams

Classes will be virtual via Microsoft Teams and will run every Wednesday for 8 weeks beginning February 5th 4-5:30 pm.

For more information and to register contact Mary Pike at 406-435-2878 or email at mpike@billingsclinic.org



Cost:

New Attendees - \$175
Return Attendees - \$25
BC Employees - \$75