



ONLINE REGISTRATION

www.megRD.com

For additional seminar information

OR to contact

Meg Moran, RD, CDE, CDN:

E-mail: info@megrd.com

Web: www.megrd.com

New Beginnings After Weight Loss Surgery is not intended to replace the care of your surgeon, physician, registered dietitian, psychologist or other bariatric specialist. It was designed as an additional tool to help you succeed after bariatric surgery.

megRD c/o Meg Moran
344 Snyder Hill Road
Ithaca, NY 14850
Address Correction Required

[CUSTOMER NAME]
[STREET ADDRESS]
[ADDRESS 2]
[CITY, ST ZIP CODE]



SEMINARS



NEW BEGINNINGS

after

Weight Loss Surgery

May 5, 2007 Bloomsburg, PA

June 2, 2007 State College, PA

July 7, 2007 Harrisburg, PA

www.megRD.com

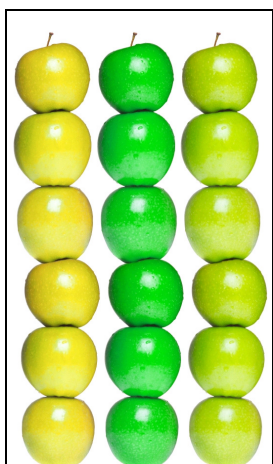
OVERVIEW

Success after weight loss surgery requires daily commitment and dedication. Each day presents new challenges and temptations that can compromise the success of your surgery.

“New Beginnings After Weight Loss Surgery” was designed by a registered dietitian to be a tool to help you achieve and maintain your weight loss goals following surgery.

Our program covers a variety of important topics aimed at educating you on proper lifestyle and behavioral modification. You will meet other individuals who are struggling and coping with life after weight loss surgery.

It will be a great day of fun, education and an opportunity to meet new friends and develop new support networks.



Lunch, snacks, refreshments, handouts and a seminar gift will all be provided.

SEMINAR TOPICS

- Behavioral Change
- Re-adjusting the Mind
- Preventing Re-Gain
- Proper Nutrition After WLS
- Supplements and Hydration
- Exercise
- Stress Management
- Support Systems/ Journal Writing
- Goal Setting
- Cooking Demo and Recipes

MEG MORAN

Meg Moran, President and Founder of megRD Nutrition Services has been specializing in bariatric surgery for almost 8 years. She is a Registered Dietitian, Certified Diabetes Educator, Certified Dietitian-Nutritionist and Certified Pilates Instructor. Meg has been featured in Today’s Dietitian and has written for Obesity Help magazine.

Meg has helped many clients maintain their goal weight loss and prevent re-gain. She counsels on the importance of behavioral change and realistic goal setting in a manner that is easy to follow on a daily basis.

REGISTRATION

upcoming SEMINARS	DATE	PRICE
<input type="checkbox"/> Bloomsburg, PA	5/5/07	125.00
<input type="checkbox"/> State College, PA	6/2/07	125.00
<input type="checkbox"/> Harrisburg, PA	7/7/07	125.00

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____

PAYMENT (non-refundable)
Payment must be received in advance to secure a seat. Please make checks payable to Megan Moran. To pay with credit card go to www.megRD.com

Personal Check Credit Card

Upon registration/payment you will receive a seminar information mailing that details seminar location, parking information and materials for the seminar.

TYPE OF SURGERY:

() Gastric Bypass () Lap Banding () Other

Date of Surgery: _____