

Barbara Thompson Retreats
Adventures in Weight Loss Surgery Support
Apr. 20th – 22nd, 2007 Milwaukee, WI
<http://www.WLScenter.com/retreats/Intro.htm>

Agenda

All retreat sessions will be in the Somerset Room

Friday Evening

6:00 **Registration**

7:00 **Let It Go - Barbara**

What is holding you back from the success you want? Is it anger that you don't understand? In this session, Barbara will inspire you to just "Let It Go." We'll begin to explore what you want to accomplish in this retreat and in your life.

7:30 **Introduction and Getting to Know Your Retreat Leaders
Barbara, Megan, Mary, and Lynn.**

Learn the backgrounds and experiences of your retreat leaders and what they hope to help you to accomplish during this retreat

8:00 **Hello, Hello - Attendees**

During this retreat you will form lasting friendships with people who have the same struggles and successes that you do. Have some fun meeting your fellow participants.

9:00 **Bedtime or time to relax**

Saturday

9:00 Just Move - Barbara

In this session, you will learn just where you stand on the fitness scale and why it is so important to just move. Barbara will show you how you really do have time for fitness even if you are sitting at your desk working.

9:45 Break

10:00 Self Defeating Behavior: The Anchor that Drags You Under - Barbara

In this session you will identify those behaviors that you do over and over again, that diminish the best possible life that you can have. Learn how to recognize the source of these behaviors and how we perpetuate them.

10:30 If It Isn't One Thing – It's Another – Megan

In this session you will be able to identify why WLS patients are at high risk for cross addiction and what signs and symptoms to look for as a post op WLS patient. Most importantly, we will explore increasing your awareness that addictions can transfer when you least expect it.

11:15 Nutritional Info – Barbara Thomson

You have heard of the glycemic index and glycemic load, but what does it mean to the weight loss surgery patient? In this session we will address the importance of the GI way of eating and the research behind it, its' importance, how to follow it, and how to apply it. We will also look at net carbs, what it means to count them and why or why not that is beneficial. Lastly, we will learn how to implement all of this into our daily routine of healthy eating and discuss some healthy, quick meals for those evenings when you don't have a lot of time or know what to prepare for your hungry family.

12:00 Lunch – Meadowbrook West

- 1:00 **Personal Transformation: the NEW Best You! - Mary**
Post-op bariatric patients go through amazing physical changes in the first years after surgery. Sometimes, it takes additional focus and assistance to catch the mind up with those physical changes. After surgery and weight loss, it takes practice and courage to make changes in wardrobe and develop a sense of personal style. This session will introduce you to ways to find your personal style and give you some how-to's on selecting clothes and make-up that enhance the new you!
- 2:00 **Are You Too Busy, Being Busy, To Get Busy Taking Care of Yourself? - Lynn Worthington**
Do you have a million or more excuses that keep you from relaxing, exercising, eating properly, taking your vitamins, going to support group meetings, etc.? Have you ever used any of these.....too busy, not enough time, exhausted, it doesn't matter, too much work, scared, too far to go? Did you know that "someday" is not a day of the week? In this session we will explore those excuses, discover why you procrastinate, and offer positive steps that can help you organize your "busyness" and achieve your goals.
- 2:45 **EFT and Affirmative Power – Barbara**
Learn a simple kinesiology technique to help you control your emotional eating. In the second portion of this we will develop affirmations. Affirmations are statements of acceptance that one uses to allow the manifestation of your destiny. They are powerful and positive thoughts and statements sent out to the universe. To do positive affirmations, you need to eliminate the negativity around you. You must first believe that you can manifest your destiny. It must be a positive, powerful belief not just, 'maybe I'll try and see if this works.'" Each participant will be given the opportunity to record their own specific affirmation CD, to take home as part of the tools to help keep you healthy.
- 3:30 **Free Time and Hospitality Suite – Barbara**
Have a snack with Barbara and your other retreat members and share your thoughts, successes and struggles. This is your networking time. Make your affirmation CD.
- 5:00 **Dinner – Somerset Room**

- 6:00 **Dance Time – Barbara**
Imagine you doing the salsa or meringue! Well we'll be giving it a try along with the Boot Scootin' Boogie and the Macarena to get our bodies moving as we look at fun ways to exercise. Because if it isn't fun, then you probably won't do it!
- 6:45 **Snack**
- 7:00 **The Secret - Barbara**
Why are some people successful in life and others not? In this session you will learn their secret and how to apply it to your own life to attract everything you want.
- 8:00 **Bedtime or Free Time**
Take a dip in the pool or relax in the hot tub. Gather in your suites for more networking time or just have your own time to unwind.
- Sunday**
- 9:00 **Chair Dancing - Barbara**
Chair dance your way to health
- 9:45 **Break**
- 10:00 **Dream Board and Goal Setting- Barbara**
For this retreat to be a success, you need to have a plan. During this session we will set goals and set ourselves up for success in all aspects of our lives.
- 11:00 **Check out of the hotel**
Finish packing and check-out.
- 11:30 **Lunch and Motivational Wrap-up with Your Retreat Leaders – Woodfield D**
This is your chance to evaluate your retreat weekend and look at your “keepers” from the weekend.
- 1:00 **End**