

RETREAT HIGHLIGHTS

HERE IS WHAT YOU CAN EXPECT:

- A weekend to spend with Barbara and a small intimate group of people who are just like you with similar weight loss surgery struggles and successes - a group that understands.
- A weekend to learn and become re-energized to get you back on a path that you are happy with.
- A weekend to discover more about emotional eating, nutrition and fun ways to exercise.
- A weekend to make lasting friendships and network with others who are just like you.
- A weekend to escape from responsibilities, cooking and work.
- A weekend to have time to take a dip, exercise, or sit in a hot tub.
- A weekend just for you.

Retreats are held in various cities around the country.



TO REGISTER OR FOR MORE INFORMATION GO TO

<http://www.WLSCenter.com/Retreats/Intro.htm>

877-440-1518

WHO IS BARBARA THOMPSON?



Barbara Thompson is known as a pioneer in patient education. Since her gastric bypass surgery in January of 2000, she has maintained her 125 pound weight loss.

She is a much in demand speaker and author of "Weight Loss Surgery: Finding the Thin Person Hiding Inside You" and co-author of "Weight Loss Surgery for Dummies."



Barbara's e-newsletter is distributed twice a month to over 10,000 patients, doctors and health care professionals.

For information call toll free
877-440-1518

Barbara Thompson Retreats

Adventures in Weight Loss Surgery Support

Small group weekend encounters in cities across the US for post-op patients to rejuvenate themselves.



A retreat is an opportunity to withdraw and refresh ourselves and some of the deeper issues in our life.

It is a time to learn about our approach to food and how not to go backwards to the life we had before.

For a list of dates and cities, go to
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DOES THIS SOUND LIKE YOU?



"I need help in controlling emotional eating and learning how others cope with the daily challenge of living after weight loss surgery."

"I want to reaffirm why I went through this, how to eat for life and how to deal with emotional eating."

"I want time to enjoy friendships with others who understand...who have been there and who want to eagerly share their experiences."

If this does sound like you, then take a weekend to spend time with Barbara, learning relaxing and networking with others who are just like you.

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What They Are Saying

"I came away from this retreat with more than I ever imagined. I will always treasure this weekend."

– Bonnie G.

"Learning that we are all going through similar struggles made me feel not so alone. It was a great retreat with feelings of love, support and empowerment prevalent throughout."

– Cindy D.

"I now know I'm not alone in my struggles and need for support. I met a wonderful group of women who will be a great support network."

– Denise S.

"This retreat has been such a wonderful and inspirational experience for me. I have met so many special and loving people that I will cherish for the rest of my life. You did such a wonderful job in covering the issues we all share."

– Diana M.

"I don't do well with expressing myself, but this was the most important event of my life."

– Pamela M.

"This retreat helped me feel great about myself to know myself and know I'm going to be OK."

– Sarah P.



If you would like to have an experience like this, then join Barbara at her retreat.

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Here is How You Will Benefit from This Retreat

You will:

- Discover why surgery doesn't "cure" our emotional eating.
- Search out those emotional triggers that make us less successful than we would like.
- Explore really fun ways to exercise.
- Learn a reasonable way to eat for the rest of your life.
- Map a short and long term plan for success.

This Retreat is designed for those:

- Who are one year or more post-op,
- Who are struggling,
- Who need a sense of renewal,
- Who want to learn more about how to be successful,
- Who just want to make new friends who are dealing with the same issues.

