

**2012**  
**Behavioral Change Series**  
**The Psychological Side of Weight Loss Surgery**

**Facilitator: Adam Crane, PsyD**

**Location:**

**Prairie Point Medical**  
**Suburban Surgical Care Specialists / Kane Center**  
**4885 Hoffman Blvd (formerly Columbine Blvd.), Suite 401**  
**Hoffman Estates, IL 60192**  
**Phone: 847-255-9697**

<b>Date</b>	<b>Time</b>	<b>Meeting Topic</b>
Saturday, January 7	9:00 am – 10:15 am	Stress Management
Saturday, January 21	9:00 am – 10:15 am	Understanding Support Systems
Saturday, February 4	9:00 am – 10:15 am	Mindset & Motivation
Saturday, February 18	9:00 am – 10:15 am	Self-Image & Self-Esteem
Saturday, March 3	9:00 am – 10:15 am	Eating Patterns & Behaviors
Saturday, March 17	9:00 am – 10:15 am	Problematic Eating
Saturday, April 7	9:00 am – 10:15 am	Understanding Support Systems
Saturday, April 21	9:00 am – 10:15 am	Stress Management
Saturday, May 5	9:00 am – 10:15 am	Self-Image & Self-Esteem
Saturday, May 19	9:00 am – 10:15 am	Mindset & Motivation
Saturday, June 2	9:00 am – 10:15 am	Problematic Eating
Saturday, June 23	9:00 am – 10:15 am	Eating Patterns & Behaviors
Saturday, July 7	9:00 am – 10:15 am	Stress Management
Saturday, July 21	9:00 am – 10:15 am	Understanding Support Systems
Saturday, August 11	9:00 am – 10:15 am	Mindset & Motivation
Saturday, August 18	9:00 am – 10:15 am	Self-Image & Self-Esteem
Saturday, September 1	9:00 am – 10:15 am	Eating Patterns & Behaviors
Saturday, September 22	9:00 am – 10:15 am	Problematic Eating
Saturday, October 6	9:00 am – 10:15 am	Understanding Support Systems
Saturday, October 20	9:00 am – 10:15 am	Stress Management
Saturday, November 10	9:00 am – 10:15 am	Self-Image & Self-Esteem
Saturday, November 17	9:00 am – 10:15 am	Mindset & Motivation
Saturday, December 1	9:00 am – 10:15 am	Problematic Eating
Saturday, December 15	9:00 am – 10:15 am	Eating Patterns & Behaviors

**\*\* A \$10 fee is charged for each meeting for all patients\*\***

**~MAP ON BACK~**

**ATTENTION: Please check [www.suburbansurgicalcare.com](http://www.suburbansurgicalcare.com)  
for the latest schedule updates**

# DIRECTIONS

**Prairie Point Medical  
Suburban Surgical Care Specialists / Kane Center  
4885 Hoffman Blvd (formerly Columbine Blvd.), Suite 401  
Hoffman Estates, IL 60192  
Phone: 847-255-9697**

We are across from the Marriott hotel, located near Sutton Rd. (Rt. 59) and Higgins Rd. (Rt.72).

**From the Northeast**, you may take 294 or 94 South to the Northwest Tollway (I-90W) and continue west. Exit Rt. 59 and head straight through the stoplight. This turns into Hoffman Blvd. Our building is the four-story building on the left side, across from the Marriott.

**From the City of Chicago or the Southeast**, you may take 90/94 west to the Kennedy Expressway and continue west on the Northwest Tollway, or 294 North to the Northwest Tollway (I-90W) and continue west. Exit Rt. 59 and head straight through the stoplight. This turns into Hoffman Blvd. Our building is the four-story building on the left side, across from the Marriott.

**From the Northwest**, you may take 53 South to the Northwest Tollway (I-90W) and continue west. Exit Rt. 59 and head straight through the stoplight. This turns into Hoffman Blvd. Our building is the four-story building on the left side, across from the Marriott.

**From the Southwest**, you may take either 88 to 355 North or 290 West to Highway 53 North. Take this to the Northwest Tollway (I-90W) and continue west. Exit Rt. 59 and head straight through the stoplight. This turns into Hoffman Blvd. Our building is the four-story building on the left side, across from the Marriott.

