



**ChristianaCare**<sup>™</sup>

**Bariatric Surgery Program**  
**eNewsletter | July 2023**





## Support Group

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Mike Bernardo,  
Exercise Physiologist,  
discusses

"Exercising with Muscle and  
Joint Pain"

Thursday, July 20, 2023

6-7pm

[Join here!](#)



Aetna patient?

Use this [link](#) to receive credit for Support Group attendance by completing the Survey!

## Bariatric Monthly Support Group

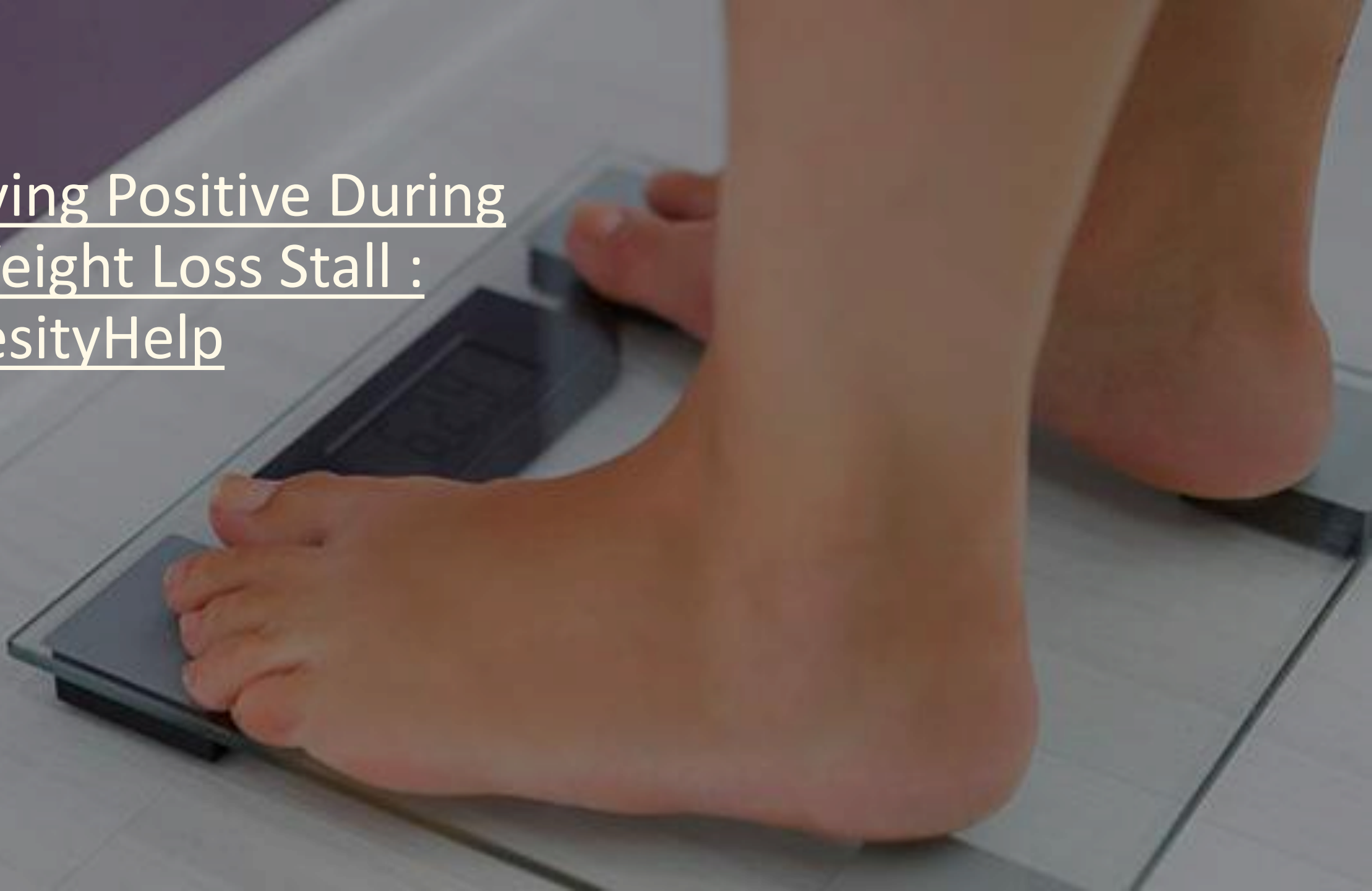


[Register Here!](#)

### Registration Instructions:

- For New and Established Bariatric Patients
- Select one or more Support Group Meetings, click next at bottom of page
- Fill in your information, click next then submit
- You will receive in your email:
  - Confirmation with Zoom link
  - Zoom link the day before and two the day of the event
  - Survey for Aetna patients in your email 1 day after the event

Staying Positive During  
a Weight Loss Stall :  
ObesityHelp





# Try this great Beginner Yoga workout!

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Did you know that there are many health benefits to yoga including decreasing stress, building strength and flexibility?

[Click here!](#)





Try this great low carb recipe for Shrimp Burgers!  
[Shrimp Burgers – Low Carb WLS Recipe : ObesityHelp](#)





# HAPPY Fourth of July

Keep your family and  
friends safe!  
Click below for tips!



[Fireworks](#)  
[Safety](#)





Get Involved  
**Take Action**

Join a diverse group to and make a difference in weight bias, access to care for obesity through education, advocacy and support!

- Get involved by joining the OAC Community!
- Join the Awareness Campaigns!
  - Your Weight Matters
  - Obesity Care Week
  - Stop Weight Bias Campaign
- Look for information on stopping wait bias, access to care and state resources!

[Home Page - Obesity Action Coalition](#)

# Meet Our Team

## Mike Bernardo, MS, Exercise Psychologist



Hi, my name is Mike Bernardo. I am an Exercise Physiologist with Christiana Care. I've been working with the Bariatric Team-teaching Life Skills Classes and doing one-on-one Fitness Evaluations for about 20 years.

I wanted to be in the medical field, but I was not sure in what way. I always found value and benefit to exercising. Nothing super intense just some running and weight training-but I did it very consistently. It helped keep me in shape, kept me disciplined and motivated. Exercise helped me set goals, cleared my mind and helped me relax. I thought if I could teach or help others how to exercise, they may find it beneficial for them too.

I was fortunate enough to find a job at Christiana Care in cardiac and pulmonary rehab, helping patients exercise after having a heart attack or open-heart surgery or lung problems (like COPD, cancer, or a lung transplant). I also got the opportunity to work with patients getting ready to undergo bariatric surgery and other weight loss programs.

The patients have made my career so rewarding! Patients seem to be very appreciative and thankful for the help I have given. Know that you have taken such important steps to make your life healthier.



Christiana Care Bariatric Surgery Program  
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Wilmington Hospital  
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*Are you due for your yearly follow up visit?  
Call us today at (302) 320-4175 to make your  
appointment!*

Click [here](#) for our Bariatric Surgery Services website!  
Click [here](#) to join our Facebook page!

