

Helping You Lose. Helping You Win.

The Bariatric Counseling Center of San Antonio is staffed by professional psychiatrists, dietitians, psychologists, therapists, nurses and exercise specialists who are dedicated to making sure your journey toward a healthier lifestyle is a successful one.

Binge eating isn't about a lack of willpower and self control; it's a disease that affects 2.8% of the population, and is often misunderstood by both those who suffer from it and the people around them.

As experts in this highly specialized area, we understand the challenges that often accompany weight loss and bariatric surgery. We've focused our entire program on the most common issues that arise. Our intensive, comprehensive program helps you examine your past and current choices, and gives you the skills to transition from unhealthy behaviors to a happier, healthier relationship with food, yourself and others. Our objective is to help you achieve successful short-term weight loss, while adopting the behaviors that will help you maintain a long-term healthy weight and lifestyle.

SAMPLE WEEKLY SCHEDULE

Every day brings new foods, clearer insights and a deeper understanding of the behaviors that will lead to your success.

MON	TUE	WED	THR	FRI
Coping without Binging	Early Recovery Skills: Boundaries	Move to Lose	Effective Communication Skills	Move to Lose
Moist Cooking Methods	Head Hunger vs. Belly Hunger	Conquering the Grocery Store	Healthy Fats	Food Labels – Making Your Best Choice
Meat Balls with Spaghetti Squash	Salmon Cakes & Lemon Green Beans	Lemon Chicken with Herbed Peas	Turkey and Spinach Meatloaf	Steak Tips & Cheesy Mashed Cauliflower
Weight Loss Fears and Fantasies	Mindfulness Practice	Body Image Journey	Relapse Prevention Planning	Tapping into Your Motivation