

Michel M. Murr, MD, FACS
Director of Bariatric Surgery
General and Gastrointestinal Surgery

University of South Florida
College of Medicine



c/o Tampa General Hospital
P.O. Box 1289, Suite #F-145
Tampa, FL 33601

Office (813) 844-7473
Fax (813) 844-1920
mmurr@health.usf.edu

**Group Weight Loss Sessions Offered by USF Health
\$30 per session**

Classes are conducted by a registered dietitian

Classes are 45 – 60 minutes per session

Complimentary valet parking offered

Class sizes are limited. Please call 813-844-7473 to register. We accept cash, check, charge or debit cards. All classes will be held at the USF Health South Tampa Center, 3rd Floor. Classes begin promptly at 6pm. Please plan to arrive 15 minutes prior for check-in. All attendees will be weighed in order to comply with insurance requirements for pre-operative weight loss. Documentation will be maintained by our office.

The Dirty Dozen: 12 Fruits & Vegetables to Purchase Organic

Thursday, September 2, 2010 and repeated on Thursday, September 16, 2010.

Dumping? What is it and How You Can Avoid it

Thursday, October 7, 2010 and repeated on Thursday, October 21, 2010.

Healthy Eating for the Holidays

Thursday, November 4, 2010 and repeated on Thursday, November 18, 2010.

What Type of Exercising Should I be Doing?

Thursday, December 2, 2010 and repeated on Thursday, December 16, 2010.

New Year with a New You! Step up to Nutrition and Health!

Thursday, January 6, 2011 and repeated on Thursday, January 20, 2011.

Happy Valentine's Day! Let's celebrate and be good to your HEART!

Thursday, February 3, 2011 and repeated on Thursday, February 17, 2011.

Power Up with Breakfast

Thursday, March 3, 2011 and repeated on Thursday, March 17, 2011.

Fun and Fitness

Thursday, April 7, 2011 and repeated on Thursday, April 21, 2011.

Cutting Back on Your Salt Intake

Thursday, May 5, 2011 and repeated on Thursday, May 19, 2011

Understanding the Importance of Vitamin & Mineral Supplementation; Pre and Post Bariatric Procedure

Thursday, June 2, 2011 and repeated on Thursday, June 16, 2011.

Understanding a Food Label

Thursday, July 7, 2011 and repeated on Thursday, July 21, 2011.

The Pro's of Protein

Thursday, August 4, 2011 and repeated on Thursday, August 18, 2011.

***** Jamie Chase is a registered and licensed dietitian and nutritionist. She also holds board certification in adult weight management. She provides initial and follow up nutritional counseling for pre and post-op gastric bypass and adjustable gastric band patients. *****