

# Weston Ostomy Tube Feeding Group

Meets at Delvecchio's at the Weston Town Center on the third Tuesday of the month except where noted, at 6:00 p.m.

August 21, 2018 – “Hurricane Preparedness for Ostomates and Tubies” presented by: Josette Rowe – Public Health Awareness, Department of Health

September 25, 2018 – (This is the fourth Tuesday of the month due to Yom Kippur on the 18<sup>th</sup>) “Accepting My New Body and Feeling Good About Me” presented by Dr. Amy Bravo, PsyD

October 16, 2018 – “Dressing to Look and Feel Good” presented by Marcella's of Weston Town Center and Ostomy Secrets

**November 27, 2018 – (This is the fourth Tuesday of the month due to Thanksgiving on the 20<sup>th</sup>) “Getting Organized with All of Our Medical Supplies” by Jennifer Alman, Owner of Organize and Systemize LLC**

December 18, 2018 – “Best Food Choices for Ostomates and Tubies”

January 15, 2019 – “Advocating for Yourself in the Medical World”

February 19, 2019 - “Relationships and Dating for Ostomates and Tubies”

March 19, 2019 – “Traveling with an Ostomy and/or Tube”

April 16, 2019 – “Exercising for Ostomates and Tubies”

May 21, 2019 – “Managing Pain without Medications”

The Weston Ostomy Tube Feeding Group is an affiliated support group of the United Ostomy Associations of America

All meetings are free of charge. Food is sponsored by **Comfort Medical Supply Company and Delvecchio's**.

Please contact Lynn Wolfson for more information at [lewolf1815@aol.com](mailto:lewolf1815@aol.com) or 954-562-7417