

Bariatric Wellness Aftercare Program

WHO: Anyone who has had bariatric surgery

WHAT: Being a part of the only specialized bariatric wellness aftercare program in Murfreesboro, we want to help you reach your personal goals while providing encouragement, support, and direction every step of the way.

WHEN: You can meet with an exercise physiologist as soon as 1 week post-op and as frequent as necessary to discuss your progress and program modifications.

WHERE: The MTMC Wellness Center

WHY: Surgery is only one small component of the overall success for weight management. Physical activity, good nutritional habits, and smoking cessation are essential to long-term weight loss.

HOW MUCH: No membership is necessary to meet one-on-one with an Exercise Physiologist. Our physiologists are available 6 days a week and accessible by phone and email. If you decide to join, you will receive a discounted membership rate of \$20/month.



Contact Information

611 East Lytle Street
Murfreesboro, TN 37130
Phone — 615.896.0290
Fax — 615.896-1610
Email — wellness.center@mtmc.org
Web — www.mtmc.org/wellnesscenter

Hours

Monday:	6:00am—8:00pm
Tuesday:	6:00am—8:00pm
Wednesday:	6:00am—8:00pm
Thursday:	6:00am—8:00pm
Friday:	6:00am—7:00pm
Saturday:	8:00am—1:00pm
Sunday:	Closed