

Postoperative Bariatric Surgery Support Groups | August 2020 to January 2021

Date	Day	Time	Topics
Aug. 5	Wed.	11am	A Calorie is a Calorie? Curbing After Dinner Cravings
Aug. 18	Tues.	6:30pm	Body Image Issues Curbing After Dinner Cravings
Aug. 27	Thurs.	6pm	Living with WLS Curbing After Dinner Cravings

Sept. 2	Wed.	11am	Changes in Relationships Plan Your Success
Sept. 15	Tues.	6:30pm	Addiction Issues Plan Your Success
Sept. 24	Thurs.	6pm	Emotional vs. Mindful Eating Plan Your Success

Oct. 7	Wed.	11am	Planning and Food Mindful Eating
Oct. 20	Tues.	6:30pm	Guest Speaker Mindful Eating
Oct. 29	Thurs.	6pm	Self Care Mindful Eating

Date	Day	Time	Topics
Nov. 4	Wed.	11am	Hunger 5 Ingredient Meals
Nov. 17	Tues.	6:30pm	Strategies: Learn and Use Em! 5 Ingredient Meals

Dec. 2	Wed.	11am	Navigating the Holidays Replace Refined Carbs and Sugar
Dec. 17	Thurs.	6pm	Celebrating WLS Style Replace Refined Carbs and Sugar

Jan. 6	Wed.	11am	Setting Realistic Goals Mason Jar Meals
Jan. 19	Tues.	6:30pm	Lifestyle Forever Mason Jar Meals
Jan. 28	Thurs.	6pm	Food Addiction Issues Mason Jar Meals

Use the Zoom ID and Passcode for each day.

Psychology and Nutrition are combined in one-hour group sessions, each with a topic.

Wednesday sessions:

ID: 845 8483 1097

Passcode: 595313

Tuesday sessions:

ID: 811 7564 5583

Passcode: 789981

Thursday sessions:

ID: 895 5163 6277

Passcode: 002580