

Postoperative Bariatric Surgery Support Groups

August 2021 to January 2022

Date	Day	Time	Topics for all sessions
Aug. 11	Wed.	11am	Easy Grilling Ideas for Summer Mental Health and WLS
Aug. 17	Tues.	6:30pm	
Aug. 26	Thurs.	6pm	
Sept. 8	Wed.	11am	Why should I keep added sugar low? Coping Skills for Life
Sept. 21	Tues.	6:30pm	
Sept. 30	Thurs.	6pm	
Oct. 13	Wed.	11am	Are Meal Delivery Systems worth it? How exercise affects weight loss, mood and lifestyle
Oct. 19	Tues.	6:30pm	
Oct. 28	Thurs.	6pm	
Nov. 10	Wed.	11am	Why is Gut Health Important? Hungers
Nov. 16	Tues.	6:30pm	
Dec. 8	Wed.	11am	Overcoming Roadblocks to Healthy Eating The Gifts of WLS
Dec. 21	Tues.	6:30pm	
Dec. 30	Thurs.	6pm	
Jan. 12	Wed.	11am	Fuel Your Exercise Relapses and recovery
Jan. 18	Tues.	6:30pm	
Jan. 27	Thurs.	6pm	

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