

# Bariatric Support Groups

March 2023 – August 2023

- 1- Go to zoom.com or download the zoom app on your phone, laptop or tablet
- 2- Click on "join meeting"
- 3- Enter the meeting ID and passcode
- 4- The host will admit you to the meeting

## Tuesdays

6pm

Zoom Meeting ID: 868 5343 7363  
Passcode: 439859

**March 14**

Off-the-Scale Victories

**April 11**

The Process of Change

**May 9**

Food Addiction

**June 13**

Check Yourself Before You Wreck Yourself

**July 11**

Understanding Type II Diabetes

**August 8**

Self- Care

## Thursdays

6pm

Zoom Meeting ID: 845-0400-6359  
Passcode: 635751

**March 23**

Change...eek!

**April 27**

Finding Motivation

**May 25**

Realistic Expectations

**June 22**

Increasing Self Esteem

**July 27**

Understanding Boundaries

**August 24**

Measures of Success