

# Bariatric Support Group

March 2025 – August 2025

Meetings are offered In-person  
AND  
Microsoft TEAMS!

## How to join Microsoft TEAMS

1. Download TEAMS APP and enter meeting ID and Passcode
2. OR from your PC, tablet or laptop you can search "Join a Teams meeting"
3. Select "Join a Microsoft Teams Meeting by ID"
4. Enter the meeting ID and passcode and select "Join a meeting" tab

TEAMS Meeting ID: 257 536 809 204  
Passcode: ZfDLWG

## Tuesdays - 6:00 pm

*Rosebrook Building  
100 Rosebrook Way, Wareham  
Large Conference Rm. 3<sup>rd</sup> Floor*

### March 11

- ❖ How big is your "But"? Excuses vs. reasons
- ❖ Getting enough protein

### April 8

- ❖ Emotional eating and coping skills
- ❖ Vitamin Review

### May 13

- ❖ Finding your "Why"
- ❖ Gut Health

### June 10

- ❖ What is your self-care?
- ❖ Understanding the food label

### July 8

- ❖ Mindfulness
- ❖ Bariatric Myths

### August 12

- ❖ Changing your thoughts
- ❖ Importance of body composition

## Thursdays - 6:00 pm

*Charlton Memorial Hospital  
363 Highland Ave, Fall River  
Elizabeth House Conference Rm*

### March 27

- ❖ Self-compassion
- ❖ Artificial sweeteners: Pros and Cons

### April 24

- ❖ People pleasing
- ❖ Adjusting your diet as your body changes

### May 22

- ❖ Goals for warmer weather
- ❖ Managing digestive discomfort after surgery

### June 26

- ❖ Building boundaries
- ❖ Long term goals: Make it S.M.A.R.T

### July 24

- ❖ Celebrating your success
- ❖ Dealing with plateaus

### August 28

- ❖ Dealing with social situations after surgery
- ❖ Things that keep you stuck

## **BACK ON TRACK**

*Back on Track is a program for anyone who has had bariatric surgery and is struggling with weight recurrence and/or feels they have fallen off the bariatric lifestyle. This program meets in a small group of other post-op bariatric patients for 5 weeks and offers additional support and accountability. Sessions are either virtual or at the Rosebrook building in Wareham on Tuesdays from 4:30-6pm.*

*Registration is required!*

*For more information or to sign up for a five-week session please reach out to Suzanne Gokavi, LICSW at [gokavis@southcoast.org](mailto:gokavis@southcoast.org) or leave a voicemail at 508-273-1864*

*It is NEVER too late to get BACK ON TRACK!*

*The Back on Track group service will be billed to your insurance and subject to include copayment and patient share. The final amount you owe will depend on the service you receive, and on your insurance coverage.*

**BILLING RELATED QUESTIONS, PLEASE CONTACT YOUR INSURANCE COMPANY OR THE SOUTHCOAST HEALTH BILLING DEPARTMENT.**

**Southcoast Billing Contact Information:**

- Toll-Free: 1-844-500-1212
- Local: 1-508-973-1212