

Bariatric Support Group

September 2025 – February 2026

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: 211 436 387 988 4
Passcode: AA2xa3M7

Tuesdays - 6:00 pm

*Rosebrook Building
100 Rosebrook Way, Wareham
Large Conference Rm. 3rd Floor*

September 16

- ❖ Setting small goals
- ❖ Rebooting your routine after summer

November 18

- ❖ Mindfulness: Staying in the moment
- ❖ Bariatric friendly swaps for traditional holiday foods

January 20

- ❖ Moving and exercise
- ❖ Getting back to basics in the new year

Thursdays - 6:00 pm

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

October 16

- ❖ Thriving during the holiday season
- ❖ Alternatives to Halloween candy cravings

December 18

- ❖ Breaking barriers to change
- ❖ Holiday game plan: what to bring, say or eat during social events

February 19

- ❖ Importance of positive coping
- ❖ Healthy comfort foods for winter

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 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 SOUTHCOST HEALTH BILLING DEPARTMENT.

Southcoast Billing Contact Information:

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