

Bariatric Support Group

March 2026 – August 2026

Why join our online support group?

- ✓ Support matters at every stage
- ✓ Join from anywhere
- ✓ Stay accountable & motivated
- ✓ Private, supportive environment led by bariatric professionals
- ✓ Education & peer discussion

Who can join: Southcoast Health Pre-op & Post-op bariatric patients

When: Second Thursday of the month

Time: 6:00 PM

Where: Live on 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: 228 523 124 334 91

Passcode: eg3pV9yQ

March 12

- ❖ **Guest speaker:** Darlene Boutin, RN, addresses the questions no one wants to ask...
- ❖ **Behavioral Health:** Emotional Eating
- ❖ **Nutrition:** What nutrition habit was the hardest to accept?

April 9

- ❖ **Guest speaker:** Dr. Patrick Fei discusses post-op expectations in the first year
- ❖ **Behavioral Health:** What are you really hungry for?
- ❖ **Nutrition:** Food boredom and burnout

May 14

- ❖ **Guest Speaker:** Q & A with Dr. John Mills
- ❖ **Behavioral Health:** Setting small goals
- ❖ **Nutrition:** Weight regain? What to do now!

June 11

- ❖ **Guest Speaker:** The Microbiome: Presented by Dr. Jorge Huaco
- ❖ **Behavioral Health:** Progress vs. Perfection
- ❖ **Nutrition:** Protein priorities (how much, best sources, timing)

July 9

- ❖ **Behavioral Health:** Psychoeducation on the change wheel
- ❖ **Nutrition:** Why can I eat chips but not chicken?

August 13

- ❖ **Behavioral Health:** Sleep Hygiene
- ❖ **Nutrition:** Long-term success through ongoing macro adjustments