

Bariatric Support Group

September 2026 – February 2027

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

September 10

- ❖ **Behavioral Health:** Emotional eating
- ❖ **Nutrition:** The hidden reasons healthy eating feels harder than it should

October 8

- ❖ **Behavioral Health:** What to say when someone comments about your weight
- ❖ **Nutrition:** Protein, fiber meal rhythm

November 12

❖

- ❖ **Behavioral Health:** Navigating holidays
- ❖ **Nutrition:** Holiday weight maintenance

December 10

- ❖ **Behavioral Health:** Self compassion
- ❖ **Nutrition:** How to build a day that prevents overeating

January 14

- ❖ **Behavioral Health:** Managing stress without food
- ❖ **Nutrition:** Keeping healthy habits consistent

February 11

- ❖ **Behavioral Health:** Creating Boundaries
- ❖ **Nutrition:** How big is your food world?

Southcoast Health Back on Track Program

The **Back on Track** program is a specialized clinical initiative designed for patients who have undergone bariatric surgery and are navigating challenges with weight recurrence or difficulty maintaining the bariatric lifestyle. This **four-week program** provides a structured, supportive environment where post-operative patients can reconnect with their health goals. By participating in a small group setting, patients benefit from peer accountability and professional guidance tailored to the unique complexities of long-term weight management. Please call Amy Dean, LICSW at 508-973-4943 to schedule.

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