

# Bariatric Support Group

March 2024 – August 2024

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 12**

Convenience foods that can fit into a healthy lifestyle  
Goal setting for change

### **April 9**

The Microbiome: Presented by Dr. Huaco

### **May 14**

Anti – Obesity Medications after Bariatric Surgery:  
Presented by Dr. Jessica Inwood

### **June 11**

Exercise: Presented by Dr. Huaco and Suzanne Gokavi

### **July 9**

Is grazing slowing down your progress?  
Emotional eating

### **August 13**

Skill building for long term success  
21 Most common mistakes

## Thursdays - 6:00 pm

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

### **March 28**

Why is protein so important and are you getting enough?

### **April 25**

Eating fresh with CSA and Farmers Markets  
Coping with change

### **May 23**

Anti – Obesity Medications after Bariatric Surgery:  
Presented by Dr. Jessica Inwood

### **June 27**

Preparing for summer cookouts  
Finding joy in routines

### **July 25**

Tips to break through a weight loss plateau  
Managing head hunger

### **August 22**

Have the cravings returned?  
Food free rewards

## 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