

"Weigh of Life" Virtual Support Group

Join your peers and bariatric team for support before and after surgery. Those who attend support groups after surgery maintain weight loss longer. What better reason do you need to come?

2023 Dates/Topics (6-7pm)

January 9	Panel of Patient Experts Q&A
February 13	Alcohol & Bariatric Surgery
March 13	Supermarket Shopping Shortcuts
April 10	The Keys to Muscle Building
May 8	Q & A with Plastic Surgeon Dr. Bean
June 12	Ask the Pharmacist
July 10	Surgeries Explained with Dr. Havaleshko, Paciulli & Takla
August 14	Strategies to Combat Stress Eating
Sept 11	Fueling for Activities
October 9	Honoring Your Before Self: A Look into Body Dysmorphia
November 13	Creating & Tasting for Holidays!
December 11	Build My Bariatric Plate for Holidays



Learn more:

Groups are hosted by Emily Thompson, lead dietitian. Open to preop and postop WDH bariatric surgery patients only.

Tel: 603-610-8095

Groups are hosted on Zoom. To join the meeting, scan the QR code or use meeting ID# 358 273 6439. No passcode required.

