

Online Bariatric Support Group



Upcoming Sessions for St. Anthony's Hospital

*Fourth Tuesday of
every month, 5–6pm*

March 23

Beginning to Exercise
After Weight Loss Surgery

April 27

How to Cook After
Weight Loss Surgery

May 25

Understanding Your
Support System

Support groups are a valuable place for weight loss (bariatric) surgery patients to meet and discuss behavioral changes and ongoing lifestyle adjustments. Share your story and learn from others who have undergone the same transformation. Sponsored by the Metabolic and Bariatric Center at St. Anthony's Hospital, these sessions can increase the chances of short-term and long-term success after weight loss surgery. Topics can include dealing with not only nutritional and physical health, but also emotional, mental, psychological and spiritual well-being.

To register: [BayCareEvents.org](https://www.baycareevents.org)

 **BayCare**
Weight Loss Surgery

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