

# Bariatric Surgery Virtual Support Group



## Meeting held via Microsoft Teams

An invitation to the support group with a Microsoft Teams link will be emailed to you monthly.

## Tuesdays, 6–7pm

- January 19
- February 16
- March 23
- April 20
- May 18
- June 15
- July 20
- August 17
- September 21
- October 19
- November 16
- December 21

## Join Us Virtually in 2021

Our free support groups are exclusive to BayCare weight loss surgery patients. Support groups enhance knowledge and provide a chance to interact with other bariatric patients. With a St. Joseph's Hospital team of registered dietitians, behavioral health specialists, physical therapists or guest presenters, discussions are designed with our postoperative patients in mind. Topics include behavior changes, recipe ideas, problem-solving for potential setbacks and tips for staying or getting back on track.

Patients who attend support groups regularly are more likely to keep up with long-term weight loss.

**For more information:**

**(813) 870-4986 | St. Joseph's Hospital**

