

Weight Loss Starts **TODAY!**

Bariatric Support Group

The Bariatric Clinic is excited to announce our **NEW MONTHLY SUPPORT GROUPS**, open to all patients! These sessions will be held on the **SECOND MONDAY OF EACH MONTH** from 4pm to 5pm. Each meeting will feature a different topic and guest speakers to provide valuable insights. For those unable to attend in person, virtual participation via Microsoft Teams is also available. We invite you to join us or contact our office for more details.



Topics Include:

April 14 | *Labs and Nutrition for Post-Bariatric Surgery Patients*
May 12 | *Holiday Eating and Coping Strategies*
June 9 | *Question and Answer Session with the Surgeons*
July 14 | *Post-Bariatric Surgery Types and Expectations*
August 11 | *Behavioral Health and Long-Term Success*
September 8 | *Vitamins and Supplements*
October 13 | *Plastic Surgery Options for Post-op*
November 10 | *Labs and Nutrition for Post-Surgery Success*
December 8 | *Post-Surgery Behavioral Health and Mental Wellness*



**Dorothy McCormick
Building 2nd Floor
Conference Room**



**2nd Monday of
each month
4pm to 5pm**



**Contact our office
for more details
304.901.7080**



**Virtual Meeting ID:
280 506 225 97
Passcode: Mq2vL7di**



Bariatric and Metabolic Surgery

operated by Berkeley Medical Center

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