

2023 Post-Op Planning (POP) Class Schedule



The 2023 Post-Op Planning (POP) program includes quarterly POP group classes offered for patients six to 12 months after surgery, with a separate group for patients one year post-op and beyond.

In-person classes are being offered at this time.*

**1601 W. Timberlane Drive, Building B
Plant City**

If you're interested in attending the POP class through the South Florida Baptist Hospital Weight Loss Surgery Program, call (813) 707-2152 to register.

**Subject to change*

Third Wednesday of the month, 5:30–6:30pm

■ **January 18**

One year and over

■ **April 19**

6–12 months post-op

■ **July 19**

One year and over

■ **October 18**

6–12 months post-op