

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 our postsurgical patients each month.

Tuesdays, 6–7pm

- January 25
- February 22
- March 22
- April 26
- May 24
- June 28
- July 26
- August 23
- September 27
- October 25
- November 22
- December 20

Join Us Virtually in 2022

Our free support groups are exclusively for 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 postsurgical 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 goals.

For more information:
(813) 870-4986 | St. Joseph's Hospital

