

Virtual Bariatric Support Group 2021



Thursdays, 6–7pm

St. Joseph's Hospital-South

Individuals tend to have better outcomes when they share their stories with people going through similar experiences. You can attend whether you're postsurgical or preparing for surgery. Topics include nutrition, physical activity, emotional issues, preparing for life changes, coping skills and staying on track.

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

Registration open 6 weeks before each support group date.

2021–2022 Schedule

- July 29
- August 26
- September 23
- October 28
- November 18
- December 23
- January 27
- February 24
- March 24
- April 28
- May 26
- June 23

