

Online Bariatric Support Group 2022



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: [BayCareEvents.org](https://www.baycareevents.org)

Registration opens six weeks before each support group date.



2022 Schedule

- January 27
- February 24
- March 24
- April 28
- May 26
- June 23
- July 28
- August 25
- September 22
- October 27
- November 17
- December 22