

2024 Post-Op Planning (POP) Class Schedule



The 2024 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 free 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 17**
One year and over
- **April 17**
6–12 months post-op
- **July 17**
One year and over
- **October 16**
6–12 months post-op