



Northern Dutchess Hospital Bariatric Surgery 2022 Online Support Group Schedule

Date	Time (1 hour)	Topics	
*All topics are subject to change based on participant interest			
Thursday July 28	6 PM	Mindful Eating	Group Discussion
Monday August 8	11 AM	Mindful Eating	Group Discussion
Thursday August 18	6 PM	Relieving stress without Using Food	Group Discussion
Monday August 29	11 AM	Reading Nutrition Labels	Group Discussion
Thursday Sept 8	6 PM	Tips on picking fresh, ripe fruits and vegetables at the grocery store/Farmers market	Group Discussion
Monday Sept 22	6 PM	Journaling for your health	Group Discussion
Monday Sept 26	11 AM	Relationships/Boundaries	Group Discussion
Monday Oct 3	11 AM	Let's talk about Body Dysmorphia	Group Discussion
Thursday Oct 20	6 PM	How to deal with negative reactions by friends, family & spouse to your weight loss	Group Discussion
Monday Oct 31	11 AM	Meal Prepping/Planning	Group Discussion
Monday Nov 7	11 AM	How to keep your healthy Eating habits during the Holidays	Group Discussion
Thursday Nov 17	6PM	How to overcome Self-Sabotage	Group Discussion
Monday Nov 28	11 AM	Healthy Exercise options during the Winter months	Group Discussion
Monday Dec 5	11 AM	Healthy Exercise options During the winter months	Group Discussion
Thursday Dec 15	6 PM	Tips on coping with stress, and or loss during the holidays	Group Discussion
Monday Dec 26	11 AM	Tips on coping with stress, and or loss during the holidays	Group Discussion

Bariatric Surgery Support Groups will be held online or by phone only.

Join Zoom meeting: <https://nuvancehealth.zoom.us/j/92836320141?pwd=akpRcHY4TXI5NzhyR1hhZ0lSSE1ldz09> (CTRL and Click)
Meeting ID: 928 3632 0141 Passcode: 033094 Call In Number: 1-646-558-8656

Questions: call the office @ 845-871-4275