

Nuvance Health Bariatric Surgery 2021 Online Support Group Schedule

Date	Time (1 hour)	Topics <small>*All topics are subject to change based on participant interest</small>	
Monday Jan 4	5:30 PM	New You Resolutions	Coping Mechanisms
Thurs Jan 14	11 AM	Vitamins and Minerals	Self-Care
Monday Jan 18	5:30 PM	POST-OP's ONLY: Let Fiber be your Decider Non-scale Victories	
Thursday Feb 4	5:30 PM	Hydration: The truth, in ounces	All or Nothing Thinking
Monday Feb 8	11 AM	POST-OP's ONLY: Transfer Addiction Letter to Future self	
Monday March 1	5:30 PM	Is chicken a health food?	Creating Your Support System
Thurs March 11	11 AM	What's the deal with dairy?	Keeping Your Mind Off Food
Monday March 15	5:30 PM	POST-OP's ONLY: Gut Health Changing Relationships	
Thurs April 1	11 AM	Saturated Fat and Cholesterol	Exercise
Monday April 12	5:30 PM	Rethinking Breakfast	Non-food Rewards
Monday April 19	5:30 PM	POST-OP's ONLY: Weight Re-gain Meal Planning	
Monday May 3	11 AM	Comfort Food	"Goal" Weight
Thurs May 13	11 AM	POST-OP's ONLY: Measuring Success Share your Strengths	
Monday June 7	5:30 PM	Vegetables and Fruits	Tacking Your Gremlin
Thurs June 17	5:30 PM	POST-OP's ONLY: Rethinking Breakfast Self-Sabotage	
Monday June 21	11 AM	Reconnect with Carbs	Mindfulness

Until further notice Bariatric Surgery Support Groups will be held **online or by phone only.**

Join Zoom Meeting:

<https://nuvancehealth.zoom.us/j/91753872061?pwd=VzIWUWE2NlcrS01YcHdFNlphR0RPUT09>

Call in: (646)558-8656 **Meeting ID:** 917 5387 2061 **Passcode:** 152789

With Questions: Adrienne.bolten@nuvancehealth.org

