

NDH Bariatric Program Support Group Schedule (May & June 2025)

Date	Time (1 hour)	Location	Topics
Wed May 7th	11 AM	"Stretch and Move" Online (Zoom)	Get your workout in right from home online with Keri-Ann
Thurs May 15th	5 PM	"Stretch and Move" (In-person at VBMC)	Come to the stretch and move class and then stay for support group at VBMC- make your travel worth it!
Thurs May 15th	6 PM	Vassar Brothers Medical Center (In-person at VBMC)	Group Discussion
Tues May 20th	11 AM	Virtual Mental Wellness Support Group with Cheranique	Group Discussion
Thurs May 22nd	6 PM	NEW!!! Deep Relaxation Online with Keri-Ann	Destress and try our new "Deep Relaxation" class with Keri-Ann
Tues May 27th	5 PM	"Stretch and Move" (In-person at NDH)	Come to the stretch and move class and then stay for support group at NDH- make your travel worth it!
Tues May 27th	6 PM	Northern Dutchess Hospital (In-Person at NDH)	Group Discussion
Wed June 4th	11 AM	"Stretch and Move" Online (Zoom)	Get your workout in right from home online with Keri-Ann
Thurs June 5th	5 PM	"Stretch and Move" (In-person at VBMC)	Come to the stretch and move class and then stay for support group at VBMC- make your travel worth it!
Thurs June 5th	6 PM	Vassar Brothers Medical Center (In-person at VBMC)	Group Discussion
Tues June 17th	11 AM	Virtual Mental Wellness Support Group with Cheranique	Group Discussion
Tues June 24th	11 AM	Virtual Wellness Support Group with Cheranique & Nancy	Group Discussion
Thurs June 26th	5 PM	"Stretch and Move" (In-person at NDH)	Come to the stretch and move class and then stay for support group at NDH- make your travel worth it!
Thurs June 26th	6 PM	Northern Dutchess Hospital (In-Person at NDH)	Group Discussion

In Person Support Groups at NDH will be held in the Cafeteria Conference Room. Support Groups at VBMC will be in Conference room 3 on the first floor. Bariatric Surgery Support Groups that are held online click on link below to join. <https://nuvancehealth.zoom.us/j/92836320141?pwd=akpRcHY4TXI5NzhyR1hhZ0lSSe1ldz09>
Meeting ID: 928 3632 0141 Passcode: 033094 Call In Number: 1-646-558-8656



[Or scan the QR Code to join the online support group at the specified date and time](#)