

2023 Bariatric Support Group Calendar

6:00-7:30 PM – Virtual Meetings via Zoom



Please register in advance for any meeting(s) you plan to attend:

<https://templehealth.zoom.us/meeting/register/tJcudOiuqT4pG9FLtRbjEVULyG3tjZO1SOyZ>

*Topics subject to change

January 18, 2023	The Importance of taking your vitamins
February 15, 2023	Surgeon Session (Q & A session with Dr. Antoine)
March 15, 2023	Q & A with the Psychiatrist: Session 1 (Topic: TBD)
April 19, 2023	Q & A with the Psychiatrist: Session 2 (Topic: TBD)
May 17, 2023	The Power of Protein Powder (Guest: Bariatric Advantage Rep)
June 21, 2023	Measuring Success Beyond the Scale
July 19, 2023	Common Complaints after bariatric Surgery
August 16, 2023	Eat this, Not that!
September 20, 2023	Healthy Eating while “on the go”
October 18, 2023	Plastic Surgeon’s Session (Options After Weight Loss)
November 15, 2023	Eating During the Holidays: A Guide for Success
December 20, 2023	Post-Op (After Surgery) Patient Panel: Answering Your Questions About Bariatric Surgery

Check out our Facebook page for support group updates: <https://www.facebook.com/templebariatric/>