



Bariatric Support Group

Education, Mindfulness and Meditation

This group teaches mindfulness and self-care techniques to improve your wellbeing after bariatric surgery. Topics will include nutrition, fitness, mindfulness, meditation, and emotional support.

When: **4th Tuesdays of every month**
Starting January 25, 2022

Time: **7 p.m.**

For more information, and to register, contact Wellness Program Coordinator Cristy Polizzi at Cristin.Polizzi@jefferson.edu.

Disclaimer: Read our Zoom Terms of Service for Community Sessions at JeffersonHealth.org/Zoom.