

Bariatric Support Group: Open Forum

You can do it!



When adjusting to the diet and lifestyle changes after your bariatric procedure, a strong support system is one of the most important keys to achieving your weight-loss goals and improving your health.

Post-operative patients, as well as family and friends who support them, are invited to join us monthly for virtual open-forum support group sessions.

Topics will focus on life after bariatric surgery — including accountability and insight into some of the more common post-operative challenges.

Meet with knowledgeable professionals and others who understand what you're going through, because they've been there, too.

Disclaimer: Please read our [Zoom Terms of Service for Community Sessions](#).

Upcoming Support Group Meetings

When: **1st Tuesdays of every month**
Starting January 4, 2022

Time: **3 p.m.**

To register, or for more information, contact Cristy Polizzi, Wellness Program Coordinator: Cristin.Polizzi@jefferson.edu

We look forward to supporting you on your weight-loss journey!

Learn more about Jefferson's Bariatric Surgery program in New Jersey by visiting JeffersonHealth.org/NJbariatrics

For information on how to download Zoom, visit www.zoom.us/download.