

"Weigh of Life" Virtual Support Groups

Join your peers and bariatric team for education & support before and after surgery. *Those who attend support groups after surgery maintain weight loss longer. What better reason to join?*

2024 Dates/Topics (6-7pm)

January 8 - Simple Swaps When You Grocery Shop

February 12 - Stress Management & Sleep

March 11 - Tapping Away Cravings & Stress

April 8 - Meet Your Surgeons

May 13 - Mindful Eating

June - NO GROUP

July 8 - Staying Hydrated for Summertime

August 12 - Put Your Muscles to Work!

September 9 - Savoring the Flavor of September

October - NO GROUP

November 11 - What I am Thankful For

December 9 - Health During the Holidays



Learn more:

Groups are hosted by Emily Thompson, bariatric coordinator. Open to WDH patients before & after bariatric surgery.

Tel: 603-610-8095

Groups are hosted on Zoom. To join the meeting, scan the QR code or use meeting ID# 358 273 6439. No passcode required.



Post-Op Bariatric Support Group



Join us for an in-person, post-op only, interactive support group to optimize your success after surgery.

What you need to know

Where: Wentworth Douglass Hospital (789 Central Ave Dover, NH 03820) in Garrison Auditorium A

When: Held the 2nd Thursday of each month from 6pm to 7pm.

Who: Open only to patients of Wentworth-Douglass Hospital who have had bariatric surgery. Please do not bring family or friends.

What: Topics will be posted on EventBrite

How: **You must reserve a spot** starting the 1st of each month on EventBrite

To reserve your spot through EventBrite, please scan the QR code.



Learn more:

Groups are moderated by Emily Thompson, bariatric coordinator.

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