Bariatric Surgery Seminars and Support Group

If you are thinking about weight-loss surgery or have a history of weight-loss surgery, consider a free, professionally led support group. This group provides an opportunity to discuss issues surrounding bariatric surgery including diet, supplements, meal planning, stress eating and how to cope with holidays and eating out. Those who attend will gain healthy habits and share tips for success. The group meets the fourth Thursday of each month (except November) from 5:30 pm to 6:30 pm at the RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, Scotch Plains.

Registration is suggested. To register call Community Education at 732.499.6193.

2020 SCOTCH PLAINS
Support Group at 5:30  Seminars at 6:30

JANUARY 23   Making Your Goals, Your Reality! Goal Setting
FEBRUARY 27   Fall In Love with Protein... Meet me at the bar for our first Protein Taste Testing!
MARCH 26   Winning The Battle Against Emotional Eating
APRIL 23   Recipe Exchange...Meal Planning Tips and Tricks
MAY 28   You Wear It Well...Shopping Ideas After WLS
JUNE 25   Back To Basics...Resetting the stage after surgery. Addressing plateaus and weight regain.
JULY 23   Vitamins Review: Meet Our Bariatric Advantage Representative.
★ AUGUST 27   Summer Fun Ice Cream Social... Fun Bariatric-Friendly Treats!
SEPTEMBER 24   What’s Exercise Got To Do With It?...The role of exercise in weight loss surgery
OCTOBER 22   Fall Into The Holidays!... Preparing for success during the holiday season
NOVEMBER 19   A Picture’s Worth A Thousand Words!... Challenges... Before and after’s. Discussing our non-scale victories.
★ Support Group Only

2020 CARTERET
Seminars Only at 6:30
FEBRUARY 13  JUNE 11  AUGUST 13  OCTOBER 8  DECEMBER 10

Robert Wood Johnson University Hospital Rahway

Let’s be healthy together.