



Bariatric Support Group

One of the best ways to stay on track and feel the support of people who understand your weight loss journey is to join a bariatric support group. Whether you are pre-op or post-op, whether you are new to the process or a veteran, all participants will find a nurturing environment, open space to share, opportunity to listen and meet others experiencing the same changes, triumphs, and challenges as well as education to help reach our goals. This support group helps provide the opportunity for learning and sharing in a small group setting led by Sandra (Sandy) Haas, BSN, RN, CBN, Bariatric Nurse Coordinator, at Robert Wood Johnson University Hospital Hamilton (RWJUH Hamilton). Sandy understands the journey and its challenges.

Who should attend a group? Anyone who is thinking about having weight loss surgery or is going through the process, as well as post-surgery patients and weight loss surgery veterans.

FREE and open to all! These in person support group meetings meet at the **Community Education Center**, located inside **RWJ Fitness & Wellness Center**, 3100 Quakerbridge Road, Hamilton, NJ, 08619.

Support Group Dates: Tuesday Evenings; 6:00 p.m. to 7:00 p.m.

January 13, 2026

May 12, 2026

September 8, 2026

March 10, 2026

July 14, 2026

November 10, 2026

Register online to attend at rwjbh.org/hamiltonprograms. Or for more information or to register by phone, call Sandy Haas, Bariatric Coordinator, at **609-203-5359**.