Weight Loss Surgery Support Group & Cooking Demos

2nd Wednesday of every month | 12 noon - 1 p.m. | Virtual sessions
4th Wednesday of every month IN PERSON
at Rev. Dr. Ronald B. Christian Community Health and Wellness Center
208 Lyons Ave., Newark

To register, email Andrea.Jobst@rwjbh.org. You will receive a link to join via email. All NEW PATIENTS must attend ONE mandatory support group prior to surgery

Virtual Support Group

Jan 10: How to kick start the new year and make you a priority
Feb 14: How to be heart healthy after Bariatric Surgery
March 13: Body issues after Weight Loss Surgery
April 10: How do I get nutritious food? How to register for SNAP benefits.
May 8: Power of protein after Bariatric Surgery
June 12: Preventing deficiencies: what vitamins are necessary after Bariatric Surgery?
July 10: Bariatric summer recipes: Cooking Demonstration
Aug 14: Weight Plateau: what to do if you stop losing weight after bariatric surgery
Sept 11: Tips on hydration and why is it important?
Oct 9: Combatting common issues with your eating plan
Nov 13: Bariatric Champions! Previous patients share their journey
Dec 11: Holiday eating plan after weight loss surgery

In-Person Cooking Demonstration

Jan 24: Cooking Demonstration
Feb 28: Cooking Demonstration
March 27: Cooking Demonstration
April 24: Cooking Demonstration
May 22: Cooking Demonstration
June 26: Cooking Demonstration
July 24: Cooking Demonstration
Aug 28: Cooking Demonstration
Sept 25: Cooking Demonstration
Oct 23: Cooking Demonstration
Nov 20: Cooking Demonstration
Dec 18: Cooking Demonstration

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