

Weight Loss Surgery Support Group 2025

Our weight loss surgery support groups are an excellent resource of weight loss information and support. You'll find people who share your goals of health and wellness. The support groups are a forum for celebrating successes, such as the improvement or resolution of co-morbidities. The groups are devoted to people who have common experiences, who can share their feelings in a safe environment, and develop relationships that can contribute to improved physical and emotional health after their weight loss surgeries.

Date	Topic	Facilitator/Guest Speaker
January 8 @ 6:00 PM	<i>Habits that Make or Break Weight Loss</i>	Silvana Blanco Bariatric Dietitian
February 20 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Dr. Debra Gill, Clinical Psychologist & Silvana Blanco, Bariatric Dietitian
March 5 @ 6:00 PM	<i>*In Person* Yoga Class</i> <i>Montclair NJ</i>	Sabratha Thomas, Yoga Instructor & Silvana Blanco, Bariatric Dietitian
April 2 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Dr. Debra Gill, Clinical Psychologist & Silvana Blanco, Bariatric Dietitian
May 7 @ 6:30 PM	<i>Overcoming Self-Sabotage</i>	Brenda Hoehn, Bariatric Nurse & Silvana Blanco, Bariatric Dietitian
June 4 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Dr. Debra Gill, Clinical Psychologist & Silvana Blanco, Bariatric Dietitian
July 9 @ 6:00 PM	<i>*In Person* Yoga Class</i> <i>Montclair NJ</i>	Sabratha Thomas, Yoga Instructor & Silvana Blanco, Bariatric Dietitian
August 6 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Dr. Debra Gill, Clinical Psychologist & Silvana Blanco, Bariatric Dietitian
September 3 @ 6:30 PM	<i>Mindful Eating Practices</i>	Brenda Hoehn, Bariatric Nurse & Silvana Blanco, Bariatric Dietitian
October 1 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Dr. Debra Gill, Clinical Psychologist & Silvana Blanco, Bariatric Dietitian
November 5 @ 6:30 PM	<i>Virtual Grocery Store Tour</i>	Julianne Gallo, Retail Dietitian & Silvana Blanco, Bariatric Dietitian
December 3 @ 6:30 PM	<i>Psychologist Led Support Group</i>	Dr. Debra Gill, Clinical Psychologist & Silvana Blanco, Bariatric Dietitian

Support Virtual Groups are held via Zoom

For more information, please email Silvana.Blanco@rwjbh.org

Zoom Meeting Details:

Meeting ID: 932 360 6797

Passcode: 1234

ALL ARE WELCOMED!