

FRESNO BARIATRIC ONLINE SUPPORT GROUPS JANUARY 2021

WE ARE NOW OFFERING ADDITIONAL SUPPORT GROUPS THROUGH ZOOM!

GENERAL SUPPORT GROUP **6 to 6:30 p.m.**

2ND WEDNESDAY OF EACH MONTH

Our general group provides education on a variety of topics, for any stage of a patient's journey. Speakers will vary.



January 13
on Facebook Live

CHAIR YOGA CLASS **6 to 6:30 p.m.**

4TH WEDNESDAY OF EACH MONTH

This free class is open to patients and families to help strengthen and restore physical and mental well-being.

January 27

EXERCISE & NUTRITION **6 to 7 p.m.**

2ND MONDAY OF EACH MONTH

A fitness consultant and a registered dietitian will review exercise techniques and answer questions about nutrition.

January 11

WELL-BEING GROUP **6:30 to 7:30 p.m.**

1ST TUESDAY AND 3RD WEDNESDAY

This open discussion group helps navigate challenges you may face before and after surgery.

January 5 & 20

**THERE WILL BE CHANGES,
CHECK BACK FOR A NEW SCHEDULE SOON!**

PARTICIPATE IN ZOOM IN 4 EASY STEPS:

Step 1 - Go to: www.zoom.us/join

Step 2 - Enter meeting number: 559 433 8000

Step 3 - Enter meeting password: 8000

Step 4 - Select "JOIN" and enter your name