

FRESNO BARIATRIC ONLINE SUPPORT GROUPS MAY-DECEMBER 2021

ONGOING SUPPORT FOR EVERY STEP OF YOUR JOURNEY

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

1ST WEDNESDAY OF EACH MONTH

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

May 5
June 2
July 7
August 4

September 1
October 6
November 3
December 1

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WELL-BEING 6 p.m. to 7 p.m.

3RD WEDNESDAY OF EACH MONTH

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

May 19
June 16
July 21
August 18

September 15
October 20
November 17
December 15



Q&A WITH OUR TEAM 6 p.m. to 6:30 p.m.

2ND WEDNESDAY OF EACH MONTH

This LIVE Q&A will be hosted on our Facebook page, featuring a member of the bariatric team discussing various topics.

May 12
June 9
July 14
August 11

September 8
October 13
November 10
December 8

Facebook.com/FresnoBariatricProgram

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CHAIR YOGA 6 p.m. to 7 p.m.

4TH WEDNESDAY OF EACH MONTH

Open to patients and families to help strengthen physical and mental well-being.

May 26
June 23
July 28
August 25

September 22
October 27
November 24
December 22

JOINING ON ZOOM IS AS EASY AS:

1

Go to:
www.zoom.us/join

2

Enter meeting number:
559 433 8000

3

Enter meeting
password: 8000

4

Select "JOIN" and
enter your name