



Bariatric Support Group

2025: 2nd Wednesday of the month

Time: 5:30 – 6:30 PM

Location: Center for Health, Room E (by the vending area)

1200 South York St. Elmhurst, IL 60126

Date	Topic	Facilitator
January 8	Developing a Successful Plan	Sarah
February 12	Ways to Get Back on Track	Ann
March 12	Exercise 101	Brittany
April 9	Bariatric Nutrition/Vitamin Deficiencies	Amy
May 14	Managing Behaviors	Sarah
June 11	Mindful Eating	Ann
July 9	Revving Up Your Metabolism	Brittany
August 13	Weight Management Tools and Apps	Amy
September 10	Managing Thoughts and Triggers	Sarah
October 8	Eating on A Budget	Ann
November 12	Modified Movement and Activity	Brittany
December 10	Special Occasions Dining/Dining Out	Amy

Register by calling the Bariatric Center at 331-221-6140

*Topics and/or facilitators may change without prior notice.

Inclement weather may necessitate that group be held virtually. Please call ahead in times of inclement weather.