

Bariatric Support Group

September 2024 – February 2025

Meetings are offered In-person
AND
Microsoft TEAMS!

How to join Microsoft TEAMS

1. Download TEAMS APP and enter meeting ID and Passcode
2. OR from your PC, tablet or laptop you can search "Join a Teams meeting"
3. Select "Join a Microsoft Teams Meeting by ID"
4. Enter the meeting ID and passcode and select "Join a meeting" tab

TEAMS Meeting ID: 257 536 809 204
Passcode: ZfDLWG

Tuesdays - 6:00 pm

*Rosebrook Building
100 Rosebrook Way, Wareham
Large Conference Rm. 3rd Floor*

September 10

Plan for Fall – Set a Goal

October 8

Curiosity is Key

November 12

Exercise – Dr. Jessica Inwood

December 10

Cravings vs. Addiction

January 14

Body Image

February 11

Positive Self-Talk

Thursdays - 6:00 pm

*Charlton Memorial Hospital
363 Highland Ave, Fall River
Elizabeth House Conference Rm*

September 26

What is a healthy lifestyle?

October 24

Planning for the holidays

November 28

Thanksgiving - No Meeting

December 19

Emotional Eating

January 23

New Year's Resolutions, Are they sustainable?

February 27

Benefits of Mindfulness

BACK ON TRACK

Back on Track is a program for anyone who has had bariatric surgery and is struggling with weight recurrence and/or feels they have fallen off the bariatric lifestyle. This program meets in a small group of other post-op bariatric patients for 5 weeks and offers additional support and accountability. Sessions are either virtual or at the Rosebrook building in Wareham on Tuesdays from 4:30-6pm.

Registration is required!

For more information or to sign up for a five-week session please reach out to Suzanne Gokavi, LICSW at gokavis@southcoast.org or leave a voicemail at 508-273-1864

It is NEVER too late to get BACK ON TRACK!

The Back on Track group service will be billed to your insurance and subject to include copayment and patient share. The final amount you owe will depend on the service you receive, and on your insurance coverage.

BILLING RELATED QUESTIONS, PLEASE CONTACT YOUR INSURANCE COMPANY OR THE SOUTHCOAST HEALTH BILLING DEPARTMENT.

Southcoast Billing Contact Information:

- Toll-Free: 1-844-500-1212
- Local: 1-508-973-1212