

FRESNO BARIATRIC ONLINE SUPPORT GROUPS JANUARY-DECEMBER 2024

ONGOING SUPPORT FOR EVERY STEP OF YOUR JOURNEY

EXERCISE & NUTRITION 6 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.

January 3 May 1 September 4
February 7 June 5 October 2
March 6 July 3 November 6
April 3 August 7 December 4

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WELL-BEING 6 to 7 p.m.

3RD WEDNESDAY OF EACH MONTH

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

January 17 May 15 September 18
February 21 June 19 October 16
March 20 July 17 November 20
April 17 August 21 December 18



Q&A WITH OUR TEAM 6 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.

January 10 May 8 September 11
February 14 June 12 October 9
March 13 July 10 November 13
April 10 August 14 December 11

Facebook.com/FresnoBariatricProgram

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CHAIR YOGA 6 to 7 p.m.

4TH WEDNESDAY OF EACH MONTH

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

January 24 May 22 September 25
February 28 June 26 October 23
March 27 July 24 November 27
April 24 August 28

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