

# 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

### 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 12 to 12:30 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

### 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](http://www.zoom.us/join)

2

Enter meeting number:  
559 433 8000

3

Enter meeting  
password: 8000

4

Select "JOIN" and  
enter your name



FRESNO HEART  
& SURGICAL  
HOSPITAL