



# Weight Loss Surgery Support Group & Cooking Demos

2nd Wednesday of every month | 12 noon - 1 p.m. | Virtual sessions

4th Wednesday of every month **IN PERSON**

at Rev. Dr. Ronald B. Christian Community Health and Wellness Center

208 Lyons Ave., Newark

To register, email [Andrea.Jobst@rwjbh.org](mailto:Andrea.Jobst@rwjbh.org). You will receive a link to join via email.

All NEW PATIENTS must attend ONE mandatory support group prior to surgery

## Virtual Support Group

- Jan 10:** How to kick start the new year and make you a priority
- Feb 14:** How to be heart healthy after Bariatric Surgery
- March 13:** Body issues after Weight Loss Surgery
- April 10:** How do I get nutritious food? How to register for SNAP benefits.
- May 8:** Power of protein after Bariatric Surgery
- June 12:** Preventing deficiencies: what vitamins are necessary after Bariatric Surgery?
- July 10:** Bariatric summer recipes: Cooking Demonstration
- Aug 14:** Weight Plateau: what to do if you stop losing weight after bariatric surgery
- Sept 11:** Tips on hydration and why is it important?
- Oct 9:** Combatting common issues with your eating plan
- Nov 13:** Bariatric Champions! Previous patients share their journey
- Dec 11:** Holiday eating plan after weight loss surgery

## In-Person Cooking Demonstration

- Jan 24:** Cooking Demonstration
- Feb 28:** Cooking Demonstration
- March 27:** Cooking Demonstration
- April 24:** Cooking Demonstration
- May 22:** Cooking Demonstration
- June 26:** Cooking Demonstration
- July 24:** Cooking Demonstration
- Aug 28:** Cooking Demonstration
- Sept 25:** Cooking Demonstration
- Oct 23:** Cooking Demonstration
- Nov 20:** Cooking Demonstration
- Dec 18:** Cooking Demonstration