

METABOLIC AND BARIATRIC SURGERY SUPPORT GROUP

Penn Highlands Bariatric and General Surgery

The **Bariatric Support Group** is a great opportunity for bariatric surgery patients and their support system to gain knowledge, network with other bariatric surgery clients (*both pre-op and post-op*) and obtain the necessary support to be successful through your health and wellness journey.

Bariatric Support Group Provides:

- Education and information.
- Peer support.
- Socialization/networking.
- Sharing of ideas.
- Collaboration with medical teams.

Support Topics:

- Physical Health
- Emotional Health.
- Nutritional Health.
- Social/Relationship Health.
- Group topics and events to individualize the bariatric surgery journey.

A calendar of events is available by contacting the Penn Highlands Bariatric and General Surgery office at 814-375-2037 or visit the Penn Highlands Healthcare website at www.phhealthcare.org/bariatrics.

Meeting information:

Meetings are held every second Thursday of the month at 4:30 PM to 5:30 PM in the Parkside Community Center, 120 West Park Avenue, DuBois, PA.

You can also join us virtually on your smartphone, tablet or computer with a webcam. Call the office at 814-375-2037 for more details.

For more information:

814-375-2037

bariteam@phhealthcare.org

All events are also listed on our website by visiting www.phhealthcare.org.

**Treating.
Transforming.
Advancing.**