

2023 FRESH BEGINNINGS SUPPORT GROUP MEETINGS

All meetings will be held live through the online platform called ZOOM. You do not have to have the app in order to view the meeting, although it may prove easier if you choose to download it. The app is free.

- Support Group Meetings are free to UAB patients.
- A link to join the meeting will be sent by the Bariatric Coordinator via email closer to each scheduled meeting.
- You must be on the email list to receive this link.
- You should attend at least one support group meeting before surgery & one after surgery.



STEPS TO ACCESS SUPPORT GROUP THROUGH ZOOM

1. If you haven't received an email from the Bariatric Coordinator by the time you receive your Blue Folder, then email mstoves@uabmc.edu to make sure you're on the email list.
2. On day & time of meeting, click the link emailed to you from the Bariatric Coordinator
3. Enter passcode when asked
4. Mute your audio
5. Remember to turn off camera if you don't want to be seen
6. Enjoy the meeting
7. Listen for directions on how to receive credit for attending

Remember, our meetings are supportive and we ask that you respect the privacy and confidentiality of each member.

Please visit the Bariatric Surgery website at uabmedicine.org/bariatricsurgery for more helpful information.

Thank you and please join us for topics related to supporting a healthier lifestyle!

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2023 Fresh Beginnings Support Group Meeting Calendar 6PM to 7PM CDT via ZOOM

January 23	Meet the Doc: Question and answer session with Dr. Stahl
February 27	Meet the Doc: Question and answer session with Dr. Wong
March 27	Panel Discussion
April 24	Meet the Doc: Question and answer session with Dr. Grams
May	Holiday: No May meeting
June 26	Meet the Dietitian: Question and answer session with Leigh Ann, RD
July 24	Mindful Approach
August 28	Diabetes and Carbs
September 25	Medication after Weight Loss Surgery
October 23	What to Expect During Your Admission
November 27	Panel Discussion
December	No Meeting - Happy Holidays!

LIVE WEBCASTS VIA ZOOM

You may view the meetings live via ZOOM on your smart device, laptop, or desktop computer. In the event of technical difficulties beyond our control, **please plan to watch more than one support group meeting prior to surgery.** The meetings are totally free and designed to support you during your weight loss journey. You are welcome each month to attend and invite others who are interested in learning more about Bariatric Surgery. Thanks!

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