

# 2026 Fresh Beginnings Support Group

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

- Support group meetings are free.
- To receive the Zoom link for support, you must be on the email list. If you have not received an email from the Bariatric Coordinator, Marie Stoves, please email [mstoves@uabmc.edu](mailto:mstoves@uabmc.edu) to ensure you are added to the list.
- You should attend at least one support group meeting before surgery and one after surgery.



## STEPS TO ACCESS THE SUPPORT GROUP THROUGH ZOOM

1. A few minutes before the time of the meeting, click the link emailed to you by the Bariatric Coordinator, Marie Stoves.
2. Mute your audio.
3. The meetings are recorded. You can turn off your camera if you do not want to be seen, and you can change or remove your name if you prefer.
4. Enjoy the meeting.
5. Listen for directions on how to receive credit for attending.

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

Visit the Bariatric Surgery website at [uabmedicine.org/bariatricsurgery](http://uabmedicine.org/bariatricsurgery) for more information.

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

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## 2026 Fresh Beginnings Support Group Meeting Calendar 6 p.m. to 7 p.m. CST via Zoom

January 26	Meet the Doc: Question and Answer Session with Dr. Richard Stahl
February 23	Plastic Surgery Presentation with Dr. Maria Helena Lima
March 23	Meet the Bariatric Staff - Question and Answer Session
April 27	More About Weight Loss Surgery with Dr. Margaux Mustian
May	Holiday: No May meeting
June 22	Medications: After Weight Loss Surgery
July 27	Panel Discussion
August 24	Diet and Nutrition: Karen MacPherson, Registered Dietitian and Diabetes Educator
September 28	Maintaining Weight Loss Long-Term with Dr. Laura Q. Rogers
October 26	Mindset Shift with Leah Picket, DNP, PMHNP-BC
November 16	Plastic Surgery Presentation with Dr. Brad Denney
December	No meeting. Happy Holidays!

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 attend more than one support group meeting prior to surgery. The meetings are completely free and designed to support you during your weight loss journey. You are welcome to attend each month and invite others who are interested in learning more about bariatric surgery.

Thank you,

Marie Stoves, Bariatric Coordinator  
[mstoves@uabmc.edu](mailto:mstoves@uabmc.edu) or 205 996-6984