

2020 FRESH BEGINNINGS SUPPORT GROUP MEETINGS

For the remaining 2020 year, we will no longer have in-person gatherings. We have transitioned to an online only platform for our Support Group Meetings.

UAB Hospital is a designated Comprehensive Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). This designation means that UAB Hospital provides a full service comprehensive weight-loss surgery program that has a proven record of providing the highest quality care for the most challenging and complex bariatric patients, with optimal opportunity for safe and effective outcomes. UAB was also the first American College of Surgeons Level 1 Bariatric Surgery Center in Alabama.



UAB Fresh Beginnings Support Group Meetings are free to UAB patients. The meetings are held through an 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. 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 list to receive this email.

Email the Bariatric Coordinator to ensure your name has been added to the private group email. Remember, our meetings are supportive and we ask that you respect the privacy and confidentiality of each member.

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

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

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2020 Fresh Beginning Support Group Meeting Calendar

UAB Hospital-Highlands Campus • 1201 11th Avenue South, Birmingham, AL 35205 • 1st floor Boardroom
6PM to 7PM CDT

January 27, 2020	Exercise Taste of Mind
February 24, 2020	A Word from the Doc: A question and answer session with Dr. Stahl
March 23, 2020	Gastric Bypass vs. Sleeve Gastrectomy
April 27, 2020	Diabetes and Obesity
May 25, 2020	Holiday: No Meeting
June 22, 2020	Panel Discussion
July 27, 2020	Bone Health and Obesity
August 24, 2020	Skin Changes in the Patient with Obesity
September 28, 2020	Medications after weight loss surgery
October 26, 2020	Mindful Approach (Behavioral Health)
November 23, 2020	Portion Control and Recipe Swap
December 21, 2020	CANCELLED Fashion Show: Information will be sent via email. This event is for those who have had surgery.

LIVE WEBCASTS 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 or attend more than one support group meeting if you need credit for attending 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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