

## 2024 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 and one after surgery.



### STEPS TO ACCESS SUPPORT GROUP THROUGH ZOOM

1. If you have not received an email from the Bariatric Coordinator by the time you receive your Blue Folder, then email [mstoves@uabmc.edu](mailto:mstoves@uabmc.edu) to make sure you are on the email list.
2. A few minutes before the time of the meeting, click the link emailed to you from the Bariatric Coordinator.
3. Mute your audio.
4. Remember to turn off camera if you do not want to be seen.
5. Enjoy the meeting.
6. 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](http://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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### 2024 Fresh Beginnings Support Group Meeting Calendar 6PM to 7PM CDT via ZOOM

January 22	Exercise Principles and Guidelines
February 26	Mindful Approach
March 25	Maintaining Weight Loss Long Term
April 22	Meet the Doc: Question and Answer Session with Dr. Stahl
May	Holiday: No May Meeting
June 24	Meet the Plastic Surgeon: Question and Answer Session with Dr. Denney
July 22	Meet the Dietitian: Question and Answer Session with Karin, RD
August 26	Vitamins and Nutrition
September 23	Meet the Doc: Question and Answer Session with Dr. Wong
October 28	Medications After Weight Loss Surgery
November 18	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!

Marie Stoves, Bariatric Coordinator  
mstoves@uabmc.edu or 205-996-6984