



## **Bariatric Support Group**

2026: **2<sup>nd</sup> Wednesday of the month**

Time: **5:30 – 6:30 PM**

Location: **Center for Health, Room E (by the vending area)**

1200 South York St. Elmhurst, IL 60126

<b>Date</b>	<b>Topic</b>	<b>Facilitator</b>
<b>January 14</b>	<b>Developing a Successful Plan</b>	<b>Sarah</b>
<b>February 11</b>	<b>Ways to Get Back on Track</b>	<b>Ann</b>
<b>March 11</b>	<b>Exercise 101</b>	<b>Brittany</b>
<b>April 8</b>	<b>Healthy Food Swaps</b>	<b>Aileen</b>
<b>May 13</b>	<b>Managing Behaviors</b>	<b>Sarah</b>
<b>June 10</b>	<b>Mindful Eating</b>	<b>Ann</b>
<b>July 8</b>	<b>Revving Up Your Metabolism</b>	<b>Brittany</b>
<b>August 12</b>	<b>Identifying Types of Hunger</b>	<b>Aileen</b>
<b>September 9</b>	<b>Managing Thoughts and Triggers</b>	<b>Sarah</b>
<b>October 14</b>	<b>Eating on A Budget</b>	<b>Ann</b>
<b>November 11</b>	<b>Modified Movement and Activity</b>	<b>Brittany</b>
<b>December 9</b>	<b>Special Occasions Dining/Dining Out</b>	<b>Aileen</b>

Topics and/or facilitators may change without prior notice.

Inclement weather may necessitate that group be held virtually. Please call ahead in times of inclement weather @ 331-221-6140.