

BARIATRIC SURGERY SUPPORT GROUP

2026 SCHEDULE

DATE	AGENDA
January 7, 2026	Habit Stacking
February 4, 2026	The Use of Obesity Medicine after Surgery
March 4, 2026	Green Exercise
April 1, 2026	Protein Choices and How to Read Nutrition Labels with Confidence
May 6, 2026	Navigating Food in the Real World
June 3, 2026	Cross Addiction Awareness
July 1, 2026	Trending Health Topics
August 5, 2026	Plastic Surgery After Weight Loss
September 2, 2026	Body Image
October 7, 2026	Healthy Eating Over the Holidays
November 4, 2026	Stress Management Practices for Better Living
December 2, 2026	Breaking the Cycle: Tools for Managing Binge Eating & Emotional Triggers

Bariatric Surgery support group is held from 9 - 10 a.m. and 5 - 6 p.m. on each of the above listed dates, in the Mercy Bariatric Surgery conference room, located on the second floor of the 8th & 8th Medical Building.

Dates, times and topics are subject to change.
Please refer to our website for updated information.



mercy.org/bariatric

