

FRESNO BARIATRIC ONLINE SUPPORT GROUPS

JANUARY - DECEMBER 2025

ONGOING SUPPORT FOR EVERY STEP OF YOUR JOURNEY

EXERCISE & NUTRITION 6 to 7 p.m.

1ST WEDNESDAY OF EACH MONTH

A fitness consultant and a registered dietitian will review exercise techniques and answer questions about nutrition

February 5	May 7	September 3
March 5	June 4	October 1
April 2	July 2	November 5
	August 6	December 3

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WELL-BEING 6 to 7 p.m.

3RD WEDNESDAY OF EACH MONTH

This discussion group helps you navigate challenges before and after surgery.

January 15	May 21	September 17
February 19	June 18	October 15
March 19	July 16	November 19
April 16	August 20	December 17

Q&A WITH OUR TEAM 12 to 12:30 p.m.

2ND WEDNESDAY OF EACH MONTH

This LIVE Q&A will be hosted on our Facebook page, featuring a member of the bariatric team discussing various topics.

January 8	May 14	September 10
February 12	June 11	October 8
March 12	July 9	November 12
April 9	August 13	December 10

Facebook.com/FresnoBariatricProgram

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CHAIR YOGA 6 to 7 p.m.

4TH WEDNESDAY OF EACH MONTH

Open to patients and families to help strengthen physical and mental well-being.

January 22	May 28	September 24
February 26	June 25	October 22
March 26	July 23	November 26
April 23	August 27	

JOINING ON ZOOM IS AS EASY AS:

1

Go to:
www.zoom.us/join

2

Enter meeting number:
559 433 8000

3

Enter meeting
password: 8000

4

Select "JOIN" and
enter your name



FRESNO HEART
& SURGICAL
HOSPITAL