

# BARIATRIC WISDOM

Dana Schroeder PhD, MSN, NP, RN, CBN, Life Coach-ACC 408-307-2890 Dana.Schroeder@HCAHealthCare.com or [DrDana@BariatricWisdom.com](mailto:DrDana@BariatricWisdom.com). Mary Tunison MA Bariatric Life Coach [grtsmile@gmail.com](mailto:grtsmile@gmail.com).

## 2021 Support Groups Schedule

### Good Sam Weight Loss Surgery Support Group

WLS Coaching Support Group: For pre and post-ops. All are welcome!

2<sup>nd</sup> Tuesday 7:00-8:30 p.m.

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

4<sup>th</sup> Thursday 7:00-8:30 p.m.

January	February	March	April	May	June	July	August	September	October	November	December
28	25	25	22	27	24	22	26	23	28	no class	no class

**Free of charge, all Support Groups meet via Zoom until further notice.**

### Zoom Room Contact Info.

Join if you want-need support or want to support others on their WLS journey. We'd love to see you!

**2nd Tuesday Zoom Group info : Mary Tunison invites you to Join Zoom Meeting 7pm-8:30pm**

<https://zoom.us/j/855595768?pwd=R0VOaGxjYWcrYmcreEtVRmN3TVhCQT09>

Meeting ID: 855 595 768

Password: 8AdsUK

**4<sup>th</sup> Thursday Zoom Group info**

**Dana Schroeder is inviting you to a scheduled Zoom meeting 7:00pm-8:30pm**

<https://us02web.zoom.us/j/85167993785?pwd=RVJIMGIUcEM5OEQ2ODgvdM0raXRmUT09>

Meeting ID: 851 6799 3785

Passcode: 549649

One tap mobile

+16699009128,,85167993785#,,,,,0#,,549649# US (San Jose)

### TOPICS:

**Jan:** How to Set Achievable Intentions & SMART Goals for 2021

**Feb:** How to Have Happy Relationships with Food & People

**Mar:** Healthy Bariatric Eating

**Apr:** Addiction Transfer

**May:** Body Image and Body Dysmorphia

**Jun:** How to Have a Bari Healthy Summer!

**Jul:** Success Habits of WLS People

**Aug:** Bariatric Shopping

**Sep:** Emotions & Food

**Oct:** How to Thrive During Holidays

**Nov:** Strategies for Happy Holidays

**Dec:** How Did We Do in 2021?

For Support Groups in other locations around CA and the country go to:

[www.BariatricSupportCenter.com](http://www.BariatricSupportCenter.com) or [www.ObesityHelp.com](http://www.ObesityHelp.com)



Part of  
**Good Samaritan Health**  
system

**Surgical Weight Loss Center**

2425 Samaritan Dr. San Jose, CA 408-559-2514