

NDH Bariatric Program Support Group Schedule (July-Sept.) 2024

Date	Time (1 hour)	Location	Topics
Tues July 2nd	3 PM	“Stretch and Move” NEW!! Online (Zoom)	Get your workout in right from home online with Keri-Ann
Thurs July 11th	6 PM	Vassar Brothers Medical Center (In-Person at VBMC)	Group Discussion
Wed July 17th	5 PM	“Stretch and Move” NEW!! (In-person at NDH)	Come to the stretch and move class and then stay for support group at NDH- make your travel worth it!
Wed July 17th	6 PM	Northern Dutchess Hospital (In-Person at NDH)	Group Discussion
Thurs July 25th	6 PM	Walking Support Group @ Mid-Hudson walk bridge (Pok.side)	Group Meet up and walk (If it rains update to location will be on baritastic)
Thurs Aug 8th	6 PM	Vassar Brothers Medical Center (In-person at VBMC)	Group Discussion
Tues Aug 13th	3 PM	“Stretch and Move” NEW!! Online (Zoom)	Get your workout in right from home online with Keri-Ann
Wed Aug 21st	5 PM	“Stretch and Move” NEW!! (In-person at NDH)	Come to the stretch and move class and then stay for support group at NDH- make your travel worth it!
Wed Aug 21st	6 PM	Northern Dutchess Hospital (In-person at NDH)	Group Discussion
Thurs Aug 29th	6 PM	Walking Support Group @ Mid-Hudson walk bridge (Pok.side)	Group Meet up and walk (If it rains update to location will be on baritastic)
Thurs Sept 5th	6 PM	Vassar Brothers Medical Center (In-person at VBMC)	Group Discussion
Tues Sept 10th	3 PM	“Stretch and Move” NEW!! Online	Get your workout in right from home online with Keri-Ann
Wed Sept 18th	5 PM	“Stretch and Move” NEW!! (In-person at NDH)	Come to the stretch and move class and then stay for support group at NDH- make your travel worth it!
Wed Sept 18th	6 PM	Northern Dutchess Hospital (In-person at NDH)	Group Discussion
Thurs Sept 26th	6 PM	Walking Support Group @ Mid-Hudson walk bridge (Pok.side)	Group Meet up and walk (If it rains update to location will be on baritastic)

In Person Support Groups at NDH will be held in the Cafeteria Conference Room. Support Groups at VBMC will be in Conference room 3 on the first floor. Bariatric Surgery Support Groups that are held online click on link below to join. <https://nuvancehealth.zoom.us/j/92836320141?pwd=akpRcHY4TXI5NzhyR1hhZ0lSSe1ldz09>
Meeting ID: 928 3632 0141 Passcode: 033094 Call In Number: 1-646-558-8656



Or scan the QR Code to join the online support group at the specified date and time above