

NDH Bariatric Program Support Group Schedule (Oct & Nov) 2024

Date	Time (1 hour)	Location	Topics
Tues Oct. 1st	6 PM	“Stretch and Move” NEW!! Online (Zoom)	Get your workout in right from home online with Keri-Ann
Thurs Oct 3rd	5 PM	“Stretch and Move” NEW!! (In-person at VBMC)	Come to the stretch and move class and then stay for support group at VBMC- make your travel worth it!
Thurs Oct 3rd	6 PM	Vassar Brothers Medical Center (In-person at VBMC)	Group Discussion
Tues Oct 15th	11 AM	Virtual Mental Wellness Support Group	Group Discussion
Thurs Oct 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!
Thurs Oct 17th	6 PM	Northern Dutchess Hospital (In-Person at NDH)	Group Discussion
Tues Oct 22nd	11 AM	Virtual Mental Wellness Support Group	Group Discussion
Tues Nov 5th	6 PM	“Stretch and Move” NEW!! Online (Zoom)	Get your workout in right from home online with Keri-Ann
Thurs Nov 7th	5 PM	“Stretch and Move” NEW!! (In-person at VBMC)	Come to the stretch and move class and then stay for support group at VBMC- make your travel worth it!
Thurs Nov 7th	6 PM	Vassar Brothers Medical Center (In-person at VBMC)	Group Discussion
Tues Nov 19th	11 AM	Virtual Mental Wellness Support Group	Group Discussion
Thurs Nov 21st	5PM	“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!
Thurs Nov 21st	6 PM	Northern Dutchess Hospital (In-Person at NDH)	Group Discussion
Tues Nov 26th	11 AM	Virtual Mental Wellness Support Group	Group Discussion

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)