

Patient Weight Loss Surgery Support Groups

Weight loss surgery is an important decision and an emotionally up and down journey. Our most successful patients usually have a strong support base. Although family is a great support, it is hard to relate having not experienced weight loss surgery. These support groups and forums listed below are a great way to share your personal experiences with others who has or is going through the same journey.

Lap Band Online Forums

Lap Band Talk
Thinner Times Forum

Gastric Sleeve Online Forums

Vertical Sleeve Talk
Gastric Sleeve Forum

Gastric Bypass Online Forums

Obesity Help's Gastric Bypass Forum
RNY Talk

Facebook Support Groups

Obesity Coverage
Bariatric Surgery Support Group
My Bariatric Kitchen

IN PERSON

Park Plaza Medical Hospital

1313 Ewing Drive
Houston, TX 77004
3rd Thursday of month 12:30-2:00 p.m.
Fifth floor, North Tower
Bariatric Classroom
713.527.5027

Park Plaza Medical Hospital

1313 Hermann Drive
Houston, TX 77004
3rd Saturday of month 10 am 12 pm
First floor, Conference Room
South Building (Cafeteria)
713.527.5027

Memorial Hermann Memorial City

921 Gessner Rd
Houston, Texas 77024
1st Wednesday of month 7-9 pm
First floor West Lobby
Phone: 713-242-4290

North Cypress Medical Center

21214 Northwest Freeway
Cypress, TX 77429
Conference Room
Email for dates and topics
sarah.dohallow2@ncmc-hospital.com

Clear Lake Regional Medical Center

500 Medical Center Blvd.
Webster, TX 77598
3rd Monday of each month 6 –7 pm
First floor conference room
281-332-2511

CHI St. Luke's Health The Woodlands Hospital

2nd Thursday of month
6 – 7 pm in Conference Room 1
Register Online
<http://www.chistlukeshhealth.org>

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