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

**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.chistlukeshealth.org

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