

Bariatric 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. These support groups and forums listed below are a great way to share your personal experiences.

Support Groups..... Result in 12% more excess weight loss, on average.
And are normally led by a medical professional, to encourage participation by everyone, provide useful information and maintain a constructive & positive dialogue.
Be mindful of general online groups that are not professionally monitored.

Houston Based

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

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

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

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

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>

Online Forums

Obesity Coverage

facebook.com/obesitycoverage

Thinner Times

thinnertimesforum.com

Obesity Action

obesityaction.org/community

Bariatric Support Centers International

bariatricsupportcenter.com

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