



# Bariatric Support Group

Weight loss surgery is only the first step. Lifestyle changes are the next step and will be an ongoing effort in reaching your weight loss goals. To help you accomplish these goals, we offer ongoing support and encourage you to attend our **free** meetings. The support group meets at 6 p.m. in the Graduate Medical Education Auditorium on the main floor of Crestwood Medical Center.

For more information, call 256-429-4092 or email Caris Cantrell, RN, Bariatric Coordinator at [caris.cantrell@crestwoodmedcenter.com](mailto:caris.cantrell@crestwoodmedcenter.com).

## 2025 Support Group Meeting Dates

January 2

February 6

March 6

April 3

May 1

June 5

July 3

August 7

September 4

October 2

November 6

December 4



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