

# Weight Control and Wellness Support Group

**D**espite its many advantages, weight loss surgery may bring about challenging times in your life and there might be times when you need encouragement and advice from people who have been in your shoes. This is why Monongahela Valley Hospital (MVH) has started a Bariatric Support Group.

Some common areas bariatric surgery patients choose to get help from their weight loss surgery support group over friends and family may include:

- Fear before surgery
- Questions about the future
- Temptations and how to overcome them
- Impatience or frustration regarding how quickly the weight is coming off
- Learning how to interact with the world in your new body
- Overcoming depression relating to your new diet and changes to existing relationships (both in and out of the home)
- Diet and recipe tips
- Relationship advice for at-home and work relationships



The activities of the support group are designed to reinforce key principles of success and to help participants learn concepts sometimes difficult to grasp.

Bariatric professionals like dietitians, psychologists and fitness instructors may be invited to be guest speakers. Other guest speakers may provide presentations on topics like grooming, dating and cooking. The sessions are designed to educate, inform and provide a well-rounded foundation of knowledge for long-term success.

The ultimate purpose of the support group is to help you achieve and maintain your goal weight in a way that is as physically and mentally healthy as possible.

The group will meet the fourth Monday, every other month, at 6 p.m. in the Anthony M. Lombardi Education Conference Center.

**Registration for the group is recommended, but not necessary.**

**To register, call 724-258-1333.**

**Putting your health first.**



**Upcoming support group dates:**

**July 23 • Sept. 24  
Nov. 26**

