



Bariatric Support Group Calendar 2026

This peer-driven support group allows participants to share experiences and motivate each other toward a healthier lifestyle!

January 20 | 5:30—6:30 pm

Discover ways to continue your weight loss journey while managing a busy lifestyle—Mika Thomas, RDN, LDN

February 17 | Noon—1 pm

Chair Yoga—Meet @ Rehab Services, Entrance 

March 17 | Noon—1 pm

Guided Imagery—Meet @ Rehab Services, Entrance 

April 21 | Noon—1 pm

Learn the Emotional Freedom Technique, also known as tapping, to reduce stress.

Meet @ Rehab Services, Entrance 

May 19 | Noon—1 pm

Step with the Beat—Meet @ Rehab Services, Entrance 

June 16 | 5:30—6:30 pm

Simple Ways to Practice Self-Care Every Day—Jean McConkey, RN



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Please note meeting times. We are offering daytime and evening groups to accommodate schedules.

**For more information
scan here:**



MyHorizonHealth.org/Bariatrics



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July 21 | 5:30—6:30 pm

Bariatric macro-friendly, high-protein meal & snack ideas—Mika Thomas, RDN, LDN

August 18 | 5:30—6:30 pm

Get Movin'—Jean McConkey, RN

September 15 | 5:30—6:30 pm

Shut Down Self-Sabotaging Thoughts—Jean McConkey, RN

October 20 | 5:30—6:30 pm

Healthy Fall Snacks/Snacks on the Go—Mika Thomas, RDN, LDN

November 17 | 5:30—6:30 pm


Loving Yourself Every Step of the Journey—Jean McConkey, RN

December 16 | 5:30—6:30 pm

Eating on a Limited Budget: Planner & Guide—Mika Thomas, RDN, LDN



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Support groups will be held in Conference Room F unless otherwise noted. (Park in the West Parking Lot; use Entrance  and take the elevators to the 2nd floor.)

**For more information
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