

## 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](mailto: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  
3<sup>rd</sup> Monday of each month 6 –7 pm  
First floor conference room  
281-332-2511

#### Memorial Hermann Memorial City

921 Gessner Rd  
Houston, Texas 77024  
1<sup>st</sup> Wednesday of month 7-9 pm  
First floor West Lobby  
Phone: 713-242-4290

#### CHI St. Luke's Health The Woodlands Hospital

2<sup>nd</sup> Thursday of month  
6 – 7 pm in Conference Room 1  
Register Online  
<http://www.chistlukeshhealth.org>

### Online Forums

#### Obesity Coverage

[facebook.com/obesitycoverage](https://facebook.com/obesitycoverage)

#### Thinner Times

[thinnertimesforum.com](http://thinnertimesforum.com)

#### Obesity Action

[obesityaction.org/community](http://obesityaction.org/community)

#### Bariatric Support Centers International

[bariatricsupportcenter.com](http://bariatricsupportcenter.com)

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