

# Support Group Meetings...

## WRNNMC-Bethesda

### **"Bariatric Surgery Support Group"**

#### **1<sup>st</sup> and 3<sup>rd</sup> Thursdays**

Time: 11:00am

Location: General Surgery Conference Room

Facilitator: Behavioral Health and Nutritional Departments

Phone: 301-295-4442

#### **2<sup>nd</sup> and 4<sup>th</sup> Fridays**

Time: 11:00am

Location: General Surgery Conference Room

Facilitator: Behavioral Health and Nutritional Departments

Phone: 301-295-4442

## Ft. Belvoir Community Hospital

#### **1<sup>st</sup> Tuesday of each month**

Time: 4:30pm-5:30pm

Location: Main Conference Room  
01.332 Cancer Care/Quality Management

(Oaks Pavilion, first floor)

Phone: 571-231-3369

## Dumfries Health Center

#### **3<sup>rd</sup> Tuesday of each month**

Time: 4:30pm – 5:30pm

Location: Conference Room

Phone: 703-441-7500

**Find a Support Group near you at**  
[www.obesityhelp.com](http://www.obesityhelp.com)

# Important Information !!!

## Updated Information

### Exercise Physiologist:

Now at FT. Meade, and Fairfax

### Bariatric Office Hours:

Monday: **Closed**

Tuesdays – Thursday: 0730-1600

### Endoscopy:

Will be determined at your one-on-one appointment with surgeon after all of your surgical checklist is **complete**.

## Ft. Belvoir Community Hospital

### Checklist:

Your Checklist must be completed and physical present at your Pre-Surgical appointment with the surgeon.

### Sleep Study:

If a CPAP machine is recommended or you have one at this time, you must have it read. Expectations are for you to use your machine. We will be measuring 2 week intervals ensuring you are using it minimal of 5 hours per night. Due to the safety issue related to your Sleep Apnea, **this is non-negotiable with the staff.**