Support Group Meetings

**WRNNMC (Bethesda, MD)**
"Bariatric Surgery Support Group"

1st and 3rd Thursdays
Time: 11:00am
Location: General Surgery Conference Room
Facilitator: Behavioral Health and Nutritional Departments
Phone: 301-295-4442

2nd and 4th Fridays
Time: 11:00am
Location: General Surgery Conference Room
Facilitator: Behavioral Health and Nutritional Departments
Phone: 301-295-4442

**Ft. Belvoir Community Hospital**

1st 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**

3rd Tuesday of each month
Time: 4:30pm – 5:30pm
Location: Conference Room
Phone: 703-441-7500
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 the surgeon after all of your surgical checklist is complete.

**Ft. Belvoir Community Hospital**

**Checklist:**
Your Checklist must be completed and physically 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 ready. Expectations are for you to use your machine. We will be measuring 2 week intervals ensuring you are using it a minimum of 5 hours per night. Due to the safety issue related to your sleep apnea, this is non-negotiable with the staff.