

Support Group

**The Bariatric Surgery
Program of Ireland Army
Community Hospital**

6:00 – 7:00pm

MEDDAC Classroom

1st Floor, off hospital lobby

Bariatric



It's a new life, live it well!

*Support Group Meets the 2nd Tuesday
of the month,
Call (502) 624-0624
for more information*

Ireland Army Community Hospital Bariatric Support Groups provide a secure, warm safe environment for all bariatric patients.

This is a great place to share ideas, recipes, and build a network of support throughout your weight loss journey.

We host the support group monthly. At these meetings, you can share experiences, meet others who have gone through the program, gain insight, and receive advice from the people who have had bariatric surgery.

Support Groups Can Help You:

- ❑ Learn new eating habits
- ❑ Identify triggers to eating
- ❑ Develop realistic expectations
- ❑ Recognize body image changes
- ❑ Develop ways to maintain a healthy weight.



Attending support group meetings will help you make the commitment to living life to it's fullest, while maintaining a healthy lifestyle!

