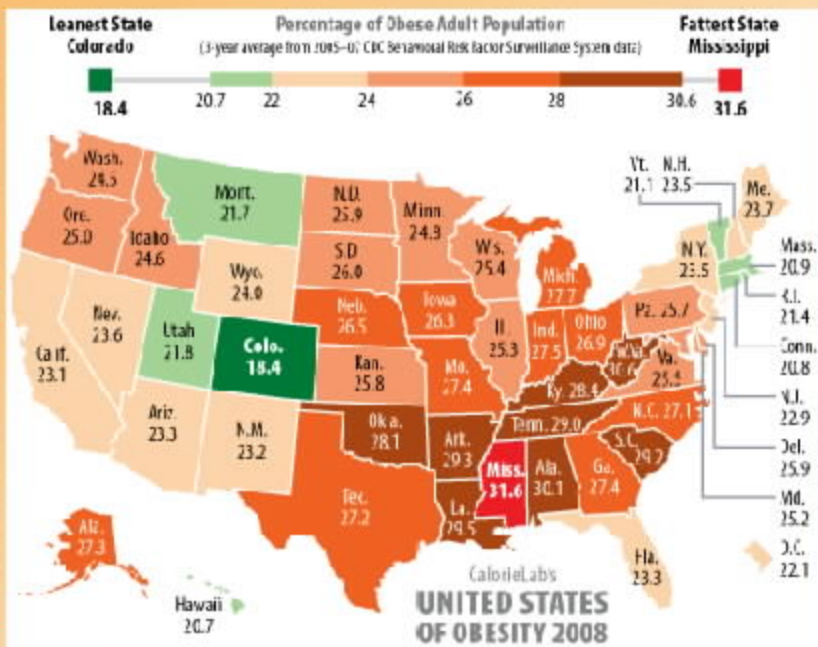


# FREE!!! **FIT-In** FREE!!!

## Bariatric Support Group

**Monday, April 5th 6pm - 7pm  
in the HealthQuest Kitchen**

**This support group is to help overweight individuals learn techniques to lose weight and regain control of their lives and to achieve a sense of normality and well-being.**



- Group Discussion will include before/after bariatric weight loss surgery and other alternative methods of dealing with weight issues.
- Offer open, honest and candid discussion about weight loss struggles, issues and or concerns; as well as success stories to start a program that works for you and how to maintain it.

**You do not want to miss our meetings !!**