

Mandatory

You must attend at least 10 support groups while in the six month program

2019

PRE-POST SUPPORT GROUP SCHEDULE

EVENINGS 6-7pm SOUTHERN TIER MEDICAL	EVENINGS 6-7pm SOUTHERN TIER MEDICAL	AFTERNOONS 12-1pm STAY HEALTHY
January-10	January-24	January-16
February-14	February-28	February-20
March-14	March-28	March-20
April-11	April-25	April-17
May-09	May-23	May-15
June-06	June-27	June-19
July-11	July-25	July-17
August-08	August-22	August-21
September-05	September-19	September-18
October-03	October-24	October-16
November-07	November-21	November-20
December-05	December-19	December-18

Please note we will do our best to notify you of any changes in our support group schedule. Our website is stscny.com and UHS.net

All support groups are open to anyone, whether you had weight loss surgery at UHS or somewhere else.