



The Staple Club

Bariatric Support Group (No registration required)

Our Bariatric Support Group provides the opportunity for networking with peers, for sharing experiences and encouraging ways and efforts to help reach and maintain your weight loss goals and better quality of life. We share individual experiences as well as latest research findings and reports about the impact of diet, psychosocial support, fitness and mindfulness on your weight loss journey.

Together we can be successful and all ideas are welcome! For questions, please e-mail azra.kukic@hcahealthcare.com

Location: Reston Hospital Center Pavilion II Conference A 1850 Town Center Parkway Reston, Virginia 20190

Date		Time
January	18, 2018	6:30-7:30PM
February	15, 2018	6:30-7:30PM
March	15, 2018	6:30-7:30PM
April	19, 2018	6:30-7:30PM
May	17, 2018	6:30-7:30PM
June	21, 2018	6:30-7:30PM
July	19, 2018	6:30-7:30PM
August	16, 2018	6:30-7:30PM
September	20, 2018	6:30-7:30PM
October	18, 2018	6:30-7:30PM
November	15, 2018	6:30-7:30PM
December	20, 2018	6:30-7:30PM

**** We follow Fairfax County inclement weather policy. In case of inclement weather in our area please call 703-689-9000 to inquire if a meeting has been cancelled****