

# Weight Loss Support Group

Support groups can help patients, from surgical and non-surgical weight loss programs, who are actively working on their goals of weight loss, healthy lifestyles, and improved quality of life.

It has been shown that people who have good medical, nutritional, and social support have more success. These groups also offer pre-op surgery patients an opportunity to learn from those who have had surgery. Support groups are always facilitated by a healthcare professional.

## 2020 SUPPORT GROUP SCHEDULE:

February 11	June 9	October 13
February 25	June 23	October 27
March 10	July 14	November 10
March 24	July 28	November 24
April 14	August 11	December 8
April 28	August 25	
May 12	September 8	
May 26	September 22	

**All meetings are on Tuesdays  
from 5:15–6:45pm.**

## MEETING LOCATION:

Stanford Health Care - ValleyCare  
5725 W Las Positas Blvd., 2nd Floor  
Large Conference Room  
Pleasanton

## For more information:

**Call 925-416-6720 or  
visit [www.valleycare.com](http://www.valleycare.com)**



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