



BARIATRIC EDUCATION GROUP 2026

Heading into Bariatric Surgery or recovering from Surgery and need some additional support?

We have the group for you! Once a month, AM Nutrition Services hosts a virtual group session to discuss, share, answer questions and concerns on bariatric-related topics from nutrition to mental health.

Topics for Discussion:

January: New Year, New Goals

February: Heart Health

March: Mindful Eating & Food Noise

April: Realities of Surgery

May: Preparing for Summer & Traveling

June: Basics of Nutrition

July: Meal Prepping for Your Goals

August: Importance of Supplementation

September: Move Your Body

October: Preparing for the Holidays

November: Mental Health & Mindfulness

December: Support & Bariatric Surgery

**If you are interested, speak with your dietitian on
how you can join the class!**

**Any other questions, please feel free to email
s.woods@amnutritionservices.com.**

In order to provide the best bariatric group class and to feasibly continue the class, we will be billing insurance for the time spent together. Although, if your insurance denies for any reason, there will be no out of pocket fee or bill associated with attending the class.

Thank you for supporting us!

2026 Group Schedule

January: New Year, New Goals

- *Thursday, January 8th at 6:30PM MST*

February: Heart Health

- *Thursday, February 12th at 6:30PM MST*

March: Mindful Eating & Food Noise

- *Thursday, March 5th at 6:30PM MST*

April: Realities of Surgery

- *Thursday, April 9th at 6:30PM MST*

May: Preparing for Summer & Traveling

- *Thursday, May 14th at 6:30PM MST*

June: Basics of Nutrition

- *Thursday, June 11th at 6:30PM MST*

July: Meal Prepping for Your Goals

- *Thursday, July 9th at 6:30PM MST*

August: Importance of Supplementation

- *Thursday, August 13th at 6:30PM MST*

September: Move Your Body

- *Thursday, September 10th at 6:30PM MST*

October: Preparing for the Holidays

- *Thursday, October 8th at 6:30PM MST*

November: Mental Health & Mindfulness

- *Thursday, November 12th at 6:30PM MST*

December: Support & Bariatric Surgery

- *Thursday, December 10th at 6:30PM MST*

Dates are subject to change. All individuals on the bariatric email list will be notified of any immediate changes. Please reach out to Sara Woods, MS, RD for any additional questions.