



# MVHS Weight Loss Support Group *2026 Dates*

**January 20 | *Vitamin Supplements for After Bariatric Surgery***

Presented by Brenda Alcatrez from Bariatric Advantage

**March 17 | *Healthy on a Budget***

**May 19 | *Using Movement to Reach Your Weight Loss Goals***

Kim Bonvicino will teach chair yoga/qigong/breathwork and talk about how to incorporate movement into your weight loss goals.

**July 21 | *How to Utilize Social Media to Reach Your Weight Loss Goals***

**September 15 | *Overcoming Weight Loss Plateaus***

**November 16 | *Changing Your Relationship with Food***

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**Meetings are held at 6 p.m. in the Soggs Room at the MVHS Rehabilitation and Nursing Center, 1650 Champlain Ave, Utica.**

Meetings can also be attended virtually on Zoom. For more information, please call 315-235-2540 or email [bariatrics@mvhealthsystem.org](mailto:bariatrics@mvhealthsystem.org).



**Zoom Meeting ID:** 874 7532 3029

**Passcode:** 730950

**Dial-In Phone Number:** 929-205-6099

*Scan the QR Code to the left to join the meeting.*

