



St. Luke's Bariatric Surgery Support Group



Registration is not necessary.

Please, no children; adults age 18 years and older only.

Join our Facebook page by searching St. Luke's Bariatric Patient Forum.

This support group is highly recommended and strongly encouraged for patients who have undergone or are considering weight loss surgery. These sessions cover a variety of issues from nutrition, exercise and lifestyle changes necessary to stay healthy and maintain success.

Our group meets the 3rd Wednesday of each month from 7 to 9 pm in the Auditorium at the Scottish Rite Cathedral, 1533 Hamilton Street, Allentown. Starting July 18, 2018, support group will run from 6:30 to 8:30 pm.

The Scottish Rite Cathedral is 1 ½ blocks from St. Luke's Hospital – Allentown Campus. Ample parking is available in the lot and on the street. The Scottish Rite Cathedral is wheelchair accessible.

Keep Your Knees Healthy Wednesday, May 16, 2018

Do your knees hurt when climbing the stairs? Are you hoping weight loss will improve your mobility? Join William Arthur, PT, DPT, OCS as he shares how important it is to take care of our knees and what we can do to prolong their function.

Do You Remember the Hula Hoop?

Wednesday, June 20, 2018

Do you remember trying to keep that plastic ring from falling to the ground? Did you master that maneuver? Do you think hula hooping could be a workout? Join Lynn Cicero, our very own patient, as she shares how "hooping" can get you and keep you in shape.

Open Forum

Wednesday, July 18, 2018

Do you think you will maintain your weight loss for 5 years, 10 years or even more? Do you think there is some secret to weight maintenance? Join our panel of post bariatric surgery patients who have maintained their weight loss for 5 years or more as they share their routines, food choices and habits that have kept them successful.

Chef Demonstration

Wednesday, August 15, 2018

Be creative with fruits and veggies. Join our Executive Chef, Gary Hall, as he uses the fruits and vegetables from the St. Luke's Rodale Institute Organic Farms to create a delicious dish of the season.