



St. Luke's Bariatric Surgery Support Group



This support group is highly recommended and strongly encouraged for patients who have undergone or are considering weight loss surgery. Research shows that a strong and consistent support system along any journey can reduce stress, anxiety and depression and improve our skills to cope with mindless or negative behaviors.

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.

St. Luke's Allentown Campus

Our group meets the 3rd Wednesday of each month at 6:30 pm in the Auditorium at the Scottish Rite Cathedral, 1533 Hamilton Street, Allentown.

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.

Nutrition 101

Wednesday, September 19, 2018

Join Laurie Shank, MS, RD, LDN, as she educates us on the basics of macronutrients.

Round Robin

Wednesday, October 17, 2018

Join us for four mini support groups in one. We will discuss vitamins, cooking/food substitutions, relaxation techniques, exercise, post op life and a host of other topics.

Planning & Preparing for the Holidays

Wednesday, November 21, 2018

Join us for helpful tips from Julia Folk, MSW, LSW, as she shares tips on how to plan and prep for the festivities.

'Tis the Season

Wednesday, December 19, 2018

The holidays have commenced and are heading into high gear. Take a break and join us for our annual holiday celebration.

St. Luke's Sacred Heart Campus

Our group meets the 2nd Wednesday of each month at 6 pm at the St. Luke's Sacred Heart Hospital Auditorium, 451 Chew Street, Allentown, PA 18102, 2nd floor. Park on the second floor of the Fifth Street parking deck and follow signs to the auditorium.

September – Open Forum Where They Are Now

Wednesday, September 12, 2018

Join our panel of past patients as they discuss their weight loss journey. These successful patients will inspire you with their life changing stories.

Plastic Surgery Options Post-Surgery

Wednesday, October 10, 2018

Board-certified Plastic Surgeon Dr. Ed Guarino will discuss plastic surgery options post bariatric surgery and if it's right for you.

Fall Favorites Cooking Demonstration

Wednesday, November 14, 2018

Fall in love with your favorite dishes as we incorporate the season's finest vegetables into your holiday meal planning.

Holiday Celebration

Wednesday, December 12, 2018

Join us for a holiday celebration with your bariatric team and fellow bari buddies.



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St. Luke's Monroe Campus

Our group meets the 2nd Monday of each month at 6:30 pm in the ground level conference room at St. Luke's Monroe Campus, 100 St. Luke's Lane, Stroudsburg.

Hula Hoop to be Active!

Monday, September 10, 2018

Our very own Lynn Cicero will lead us on how "hooping" can be great exercise and FUN!

Open Forum

Monday, October 8, 2018

A panel of patients will present on long-term success and healthy habits they draw on to remain focused and on track.

Reducing Your Risk of Injury

Monday, November 12, 2018

Dr. Erika Jayne PT, DPT, will present on the effects of increased body weight on joints and how proper body mechanics decrease risk of injury.

Holiday Celebration

Monday, December 10, 2018

The holidays have commenced and are heading into high gear...Are you finding your days too hectic? Are you consumed with shopping and baking? Don't forget the rules!! Take a break and join us for our first holiday celebration at Monroe.

St. Luke's Warren Campus

Our group meets the 1st Thursday of the month at 6:30 pm in the auditorium, ground level at St. Luke's Warren Campus, 185 Roseberry Street, Phillipsburg, New Jersey.

Why Support Group is Important

Thursday, September 6, 2018

If you are feeling alone, or would like information to enhance your weight loss journey, join us in exploring why support group is important! We'd love to get to know you better and see what support we can offer you!

Exercise with the Personal Trainer

Thursday, October 4, 2018

Come out and enjoy personal trainer, Michael Stagaard, MS, CES, as he discusses exercise routines at every level. Learn how to get in shape at your pace and stay healthy for years to come.

Making it through the Holidays & Recipe Swap

Thursday, November 1, 2018

Join us as we share healthy alternatives to all of our favorite holiday foods and traditions. Learn tips and tricks from Lauren Myhren, RD, LDN, to survive the temptations around the holidays. Get to know your neighbors, bring your favorite healthy recipe to swap, share some encouragement and celebrate the years' victories during our holiday support group!

Nutrition Jeopardy & Open Forum

Thursday, December 6, 2018

Come test your skills and knowledge on all the healthiest options for mind and body. Join us for a game of Nutrition Jeopardy.