



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.

Open Forum

Wednesday, January 16, 2019

Does bariatric surgery affect men differently than women? Do men have the same struggles? Are men focused on the same things as women? Join our panel of male patients as they share their experience with weight loss surgery.

The Month for Love

Wednesday, February 20, 2019

Will bariatric surgery affect my relationship with my significant other? Will my friends treat me differently? How will I handle changes with my family? Join Pastor Eugene Search as he shares his knowledge on how to handle changes to personal relationships and his own weight loss journey.

National Nutrition Month

Wednesday, March 20, 2019

March is National Nutrition Month. Join our very own Dorothy McFadden, MA, RD, LDN, as she puts her spin and expertise on the Academy of Nutrition and Dietetics 2019 Topic.

11th Annual Bariatric Fashion Show

Wednesday, April 17, 2019

The spring lines are out and ready to take the stage! Join us as our patients strut their stuff in the latest styles and reveal their amazing transformation.

Fashions courtesy of Boscov's

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, 421 Chew Street, Allentown, PA 18102, 2nd floor. Park on the second floor of the Fifth Street parking deck and follow signs to the auditorium.

January – New Year, New You

Wednesday, January 9, 2019

Join us as our LCSW Linda discusses ways to not only set attainable goals but reach them too!

Couple Support Panel

Wednesday, February 13, 2019

Having a support system in place is imperative throughout this process. Watch as our patients and their biggest supporters engage in a mock Newlywed game as they answer questions related to their surgical journey

Let's Get Physical!

Wednesday, March 13, 2019

A St. Luke's physical therapist will discuss the importance of exercise and physical activity pre and post bariatric surgery and offer tips to individualize your routine.

Open Forum

Wednesday, April 10, 2019



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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.

New Year's Resolutions with a Twist!

Monday, January 14, 2019

How can we reframe the typical resolutions we make each year to be more meaningful and lasting? Join us as we present and discover together ways to make lasting and meaningful changes in both our bariatric journeys and life in general.

Considering a tummy tuck or body lift?

Monday, February 11, 2019

Join Dr. Juan Carlos Martinez of St. Luke's Plastic and Reconstructive Surgery, as he discusses the appropriate types of plastic surgery following significant weight loss.

National Nutrition Month

Monday, March 11, 2019

Heather Krick, RD, will present the latest updates and new campaign celebrated each year during the month of March. The focus is on the importance of making informed food choices and developing sound eating/ physical activity habits.

The Vitamin and Mineral Low Down for Bariatrics

Monday, April 8, 2019

We hear it all the time: "Are vitamins really that important? Do I have to take them every day?" Join our panel of post op bariatric patients who have developed vitamin deficiencies and hear from them why it is important to follow the recommended vitamin regimen.

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.

In Time for New Year's Resolutions: Stepping Out & Doing Something New

Thursday, January 3, 2019

When is the last time you did something new? What's holding you back? It's the New Year, a time to reflect on the past year and the changes you want to make for the year to come. Tonight's support group can provide you with ideas on how to get out of your comfort zone and make the most of 2019.

Open Forum

Thursday, February 7, 2019

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

National Nutrition Month

Thursday, March 7, 2019

During National Nutrition Month®, Lauren Myhren, RD, will present on the Academy of Nutrition and Dietetics' message to achieve its vision of a world where all people thrive through the transformative power of food and nutrition. We will focus our attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Food Labels

Thursday, April 4, 2019

We will be decoding the food label, discussing the new food label and clearing up some common mistakes when reading food packaging. By the end of the presentation you will be fluent in label reading!