



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.

Plastic Surgery Following Weight Loss

Wednesday, May 15, 2019

Tired of sagging skin? Considering a tummy tuck or body lift? Join Dr. Lino Miele of St. Luke's Plastic and Reconstructive Surgery as he discusses the appropriate types of plastic surgery following significant weight loss.

First Strides

Wednesday, June 19, 2019

Can you imagine yourself fit and strong, striding comfortably competing in a 5K? Join us as Michelle Sames, Co-Leader of First Strides®, explains the gradual, self-paced 12-week program where you progress from the couch to walking and eventual jogging.

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.

Food Label Fun

Wednesday, May 8, 2019

Ever wonder what all those words and numbers mean on food labels? Join Lisa Close, Registered Dietician, as she discusses the importance of reading food labels properly and shows us some tricks to become a proficient!

Food Addiction

Wednesday, June 12, 2019

Loree Smith Pope, MS, LPC, CADC, will be leading our group with a self-assessment to determine if you are addicted to food.

Open Forum

Wednesday, July 17, 2019

Does having bariatric surgery as a couple have a benefit? Join us and our panel of post bariatric surgery couples as they share how bariatric surgery has affected their personal relationships.

Chef Presentation

Wednesday, August 21, 2019

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

Open Forum

Wednesday, July 10, 2019

Join our discussion with previous patients as they explain how they maintain their weight loss following surgery.

Plastic Surgery- Is it for Me?

Wednesday, August 14, 2019

Join Dr. Edward Guarino, board-certified plastic surgeon, as he discusses appropriate types of plastic surgery following weight loss surgery and if it's right for you.



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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.

Josie Porter Farms Presentation *Monday, May 13, 2019*

Heidi Secord of Josie Porter Farms in Stroudsburg will present tips and share expertise on fruit and vegetable growing at home and offer guidance on seasonal fresh foods. Heidi has over twenty years of experience and hands on management of agricultural enterprises, community projects and cooperative development programs.

Flavoring with Olive Oils and Vinegars *Monday, June 10, 2019*

Add flavor to your favorite dishes! Join Soraya and Tim Balshi from Seasons Olive Oil and Vinegar Taproom as they discuss the differences between olive oils and vinegars. Learn how these heart healthy additions can add flavor and aroma to meals. Tasting samples will be available.

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.

Buy Fresh, Buy Local *Thursday, May 2, 2019*

Locally grown foods taste great, pack a powerful nutritional punch, and help support our local communities. Join Allison Czapp, director of Buy Fresh Buy Local-Greater Lehigh Valley, to learn about the many benefits of eating local and different ways to access the local food system.

Cooking Demo with Chef Travis *Thursday, June 6, 2019*

Join us while Chef Travis provides us with an exciting cooking demonstration that will focus on healthy summer foods.

Fitness and Activity in Your Local Gym *Monday, July 8, 2019*

Interested in joining a gym? Feeling a bit intimidated or unsure of the process? Join us for a night of information from Steffanie Bush and Caitlin Tasitano from the Family YMCA in Stroudsburg. Types of movement and activity for all fitness levels and how they impact our health will be shared.

Addictions and the Bariatric Patient *Monday, August 12, 2019*

Can food be addictive? Can alcohol and other chemical use be problematic for post bariatric surgery patients? Join us for a presentation with our bariatric social worker, Barbara Migliaccio, to hear the latest research and guidelines.

Got Joint Pain? *Tuesday, July 2, 2019*

Do you have joint pain that is holding you back? Joshua Kiner, PT, DPT, LSVT, Facility Director at St. Luke's Warren Physical Therapy, will discuss how to overcome joint pain and become more active in order to live a healthier lifestyle.

Mindful Eating *Thursday, August 1, 2019*

Join Ashlee Stampf, LCSW, as she discusses mindful eating and how it helps us become aware of our thoughts, feelings, and physical sensations related to eating, reconnecting us with our instinctive inner wisdom about hunger and satiety.