



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 - New Day and Place

Our group meets the 4th Tuesday of each month at 6:30 pm in the Dimmig Education Center at St. Luke's Allentown.

Open Forum

Tuesday, January 28, 2020

Have you ever thought about doing a 1/2 marathon? How do you train? Where do you start? How do you fuel yourself? Join our panel of patients who participate in endurance sports on a regular basis. Find out their secrets and challenges.

Flavoring with Olive Oil and Vinegars

Tuesday, February 25, 2020

Add flavor to your favorite dishes! Join Tim Balshi from Seasons Olive Oil and Vinegar Taproom as he discusses 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.

National Nutrition Month

Tuesday, March 24, 2020

Join our very own Dorothy McFadden, RD, MA, LDN as she presents the Academy of Nutrition and Dietetics' message to Eat Right, Bite by Bite. Every little bit (or bite) is a step in the right direction. Small changes can have big effect on your health and doesn't have to be overwhelming.

12th Annual Bariatric Fashion Show

Tuesday, April 21, 2020

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.

Protein Sampling

Wednesday, January 8, 2020

Join us for a fun sampling session of a variety of high protein foods and supplements. We will be discussing the importance of protein in your diets along with sampling supplements to help you choose which is best for you!

Cross Addiction

Wednesday, February 12, 2020

Our very own Linda Schneider, LCSW will be educating us on the dangers of cross addiction, how to identify it and what to do about it.

Personalized Fitness

Wednesday, March 11, 2020

Brian Zarbatany, Director of the West End St. Luke's Performance Center will be discussing how to personalize your fitness routine and what's right for you. Learn how to get in shape and enjoy yourself while staying healthy!

More Fruits and Veggies Please!

Wednesday, April 8, 2020

Alexandra Sodl, RD, LDN, of the Allentown Health Bureau will be discussing fun and create ways to add more fruits and veggies in our diets followed by an interactive Nutrition Pop Quiz game!



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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.

Skills for Maintenance after Bariatric Surgery

Monday, January 13, 2020

Weight loss maintenance skills help patients better understand and change old behaviors and introduce new ways of thinking. Come, learn and explore new ideas to help you in your successful post bariatric surgery journey with Barbara Migliaccio, our bariatric social worker.

Open Forum/ Long term post bariatric surgery patients

Monday, February 10, 2020

A panel of long term post op patients will discuss the successes, lifestyle changes, challenges and pitfalls they have experienced along the journey. Real talk from real patients.

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.

Out of the High Calorie Holidays and into the Healthy New Year

Thursday, January 2, 2020

Let's get motivated and kick off the New Year with a bang! Lauren Myhren, RD and Ashlee Stampf, LCSW will be discussing ways to get back to the basics physically and mentally after the crazy holiday rush and indulgence.

Surgeon Session Q&A

Thursday, February 6, 2020

Whether you are just starting your bariatric journey or are celebrating your 20th Anniversary, you may still have questions about the surgery and life style. Join St. Luke's Bariatric Surgeons, Dr. T. Javier Birriel and Dr. Ikemefuna "Ike" Akusoba, as they answer all of your questions and discuss all things bariatric.

National Nutrition Month

Monday, March 9, 2020

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.

Metabolism 101

Monday, April 13, 2020

Join us for a presentation and discussion on metabolism and how it is affected by bariatric surgery. Topics include: defining metabolism, influencing metabolism, common misconceptions, and evidence-based recommendations.

National Nutrition Month: Eat Right, Bite by Bite

Thursday, March 5, 2020:

During National Nutrition Month®, Lauren Myhren, RD will present on the Academy of Nutrition and Dietetics' message to Eat Right, Bite by Bite. Let's talk about how we can take steps to a healthy lifestyle.

Open Forum: Relationship Changes after Bariatric Surgery

Thursday, April 2, 2020

After bariatric surgery relationship changes are possible and can be unexpected or even scary. Ashlee Stampf, LCSW, will facilitate open discussion about patient experiences and share information on how to navigate and strengthen relationships with your most treasured supports.