

# 2019 Bariatric Support Groups

Houston Methodist Weight Management Center is dedicated to providing you with the best care before and after surgery. Consistent bariatric support group attendance has been proven to improve long-term success. We offer free monthly bariatric support groups at the following Houston Methodist hospital locations. **Please check the list of dates below for the respective location prior to attending the meetings. Times, dates and location are subject to change. Please check our website regularly for updates.**

## Houston Methodist Hospital

6445 Main St.

Houston, TX 77030

**Time:** 6:30-7:30 p.m.

**Place:** Outpatient Center, 23rd Floor

**Dates:** (second Tuesday) Jan. 8, Feb. 12, March 12, April 9, May 14, June 11, July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 12, Dec. 17 (*note: Dec meeting is on the 3<sup>rd</sup> Tues*)

(fourth Tuesday) Jan. 22, Feb. 26, March 26, April 23, May 28, June 25, July 23, Aug. 27, Sept. 24, Oct. 22, Nov. 26

## Houston Methodist Baytown Hospital

4201 Garth Rd.

Baytown, TX 77521

**Time:** 6-7 p.m.

**Place:** Plaza 1 Building, Suite 303

**Dates:** (third Tuesday) Jan. 15, Feb. 19, March 19, April 16, May 21, June 18, July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19

## Houston Methodist Clear Lake Hospital

2035 Space Park Dr.

Houston, TX 77058

**Time:** 6-7 p.m.

**Place:** West Building, West Conference Room

**Dates:** (third Tuesday) Jan. 15, Feb. 19, March 19, April 16, May 21, June 18, July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 26th

## Houston Methodist Sugar Land Hospital

16651 Southwest Fwy. Sugar

Land, TX 77479

**Time:** 6:30-7:30 p.m.

**Place:** Medical Office Building 1, Suite 450

**Dates:** (second Wednesday) Jan. 9, Feb. 13, March 13, April 10, May 8, June 12, July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13

## Houston Methodist The Woodlands Hospital

17183 Interstate 45 S.

The Woodlands, TX 77385

*(For accurate navigation, please enter Conroe as the city)*

**Time:** 6-7 p.m.

**Place:** Medical Office Building 1, Suite 490

**Dates:** (second Tuesday) Jan. 8, Feb. 12, March 12, April 9, May 14, June 11, July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 12

## Houston Methodist West Hospital

18500 Katy Fwy.

Katy, TX 77094

**Time:** 6-7 p.m.

**Place:** Medical Office Building 2, Suite 265

**Dates:** (second Wednesday) Jan. 9, Feb. 13, March 13, April 10, May 8, June 12, July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13

## Houston Methodist Willowbrook Hospital

13300 Hargrave Road

Houston, TX 77070

**Time:** 6:30-7:30 p.m.

**Place:** Hargrave Building, Suite 160 *\*New location*

**Dates:** (third Wednesday) Jan. 16, Feb. 20, March 20, April 17, May 15, June 19, July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20



For more information, please visit  
[houstonmethodist.org/weight-management/events](http://houstonmethodist.org/weight-management/events)

Support Group Contacts:

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