

# 2020 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. 14, Feb. 11, March 10, April 14, May 12, June 9, July 14, Aug. 11, Sept. 8, Oct. 13, Nov. 10, Dec. 8

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

*\*For HMH only, support group sessions are for patients only*

## **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. 21, Feb. 18, March 17, April 21, May 19, June 16, July 21, Aug. 18, Sept. 15, Oct. 20, Nov. 17

## **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. 21, Feb. 18, March 17, April 21, May 19, June 16, July 21, Aug. 18, Sept. 15, Oct. 20, Nov. 17

## **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. 8, Feb. 12, March 11, April 8, May 13, June 10, July 8, Aug. 12, Sept. 9, Oct. 14, Nov. 11

## **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. 14, Feb. 11, March 10, April 14, May 12, June 9, July 14, Aug. 11, Sept. 15, Oct. 13, Nov. 10

## **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. 8, Feb. 12, March 11, April 8, May 13, June 10, July 8, Aug. 12, Sept. 9, Oct. 14, Nov. 11

## **Houston Methodist Willowbrook Hospital**

13300 Hargrave Road

Houston, TX 77070

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

**Place:** Hargrave Building, Suite 160

**Dates:** (third or fourth Wednesday) Jan. 15, Feb. 26, March 25, April 22, May 27, June 24, July 22, Aug. 26, Sept. 23, Oct. 21, Nov. 18



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

Support Group Contacts:

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