

**Tuesday, August 4**

- Weight Loss Surgery Support Group
- Post-Op Bariatric Support Group - 9:30am
- New Moms Group - 10:00am

**Wednesday, August 5**

- Cancer Support Group - 2:30pm
- Weight Loss Surgery Info Session - 5:30pm

**Saturday, August 8**

- Safe Sitter Class - 9:00am

**Tuesday, August 11**

- New Moms Group - 10:00am
- Diabetic Support Group - 6:30pm

**Monday, August 17**

- Weight Loss Surgery Support Group
- Post-Op Bariatric Support Group - 9:30am

**Tuesday, August 18**

- New Moms Group - 10:00am

**Wednesday, August 19**

- Cancer Support Group - 2:30pm
- Weight Loss Surgery Info Session - 5:30pm

**Tuesday, August 25**

- New Moms Group - 10:00am

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**Weight Loss Surgery Support Group**

**Time:** 6:00pm

***This group meeting is being held virtually until further notice. Please contact Ellen Plaia for additional information.***

We offer a support group for anyone that is considering bariatric surgery or has had bariatric surgery. All are welcome whether you had your surgery at WVMC or another facility.

This support group is an excellent opportunity for past, current, and future patients to interact with each other and share experiences. If you have any questions, please call Ellen Plaia, Program Coordinator at [503-687-3030](tel:503-687-3030).

**Post-Op Bariatric Support Group**

**Time:** 9:30am

***This group meeting is being held virtually until further notice. Please contact Ellen Plaia for more information.***

We offer a support group for anyone that has had bariatric surgery. All are welcome whether you had your surgery at WVMC or another facility.

Topics discussed include healthy eating, body image after surgery, relationship changes, eating out, and rebounding from relapse.

For more information, please contact Ellen Plaia, Program Coordinator, at [503-687-3030](tel:503-687-3030)

### **New Moms Group**

**Time:** 10:00am

***This group meeting is postponed until further notice. Please check back at a later date.***

Being a new parent can be difficult. Thankfully, you do not have to do it alone! Join other moms and discover the encouragement of supporting each other throughout motherhood. Facilitated by one of our Registered Nurses, our free new moms group meets weekly. We will discuss important topics, such as infant development, health and social issues, breastfeeding and more.

### **Cancer Support Group**

**Time:** 2:30pm

***This group meeting is postponed until further notice. Please check back at a later date.***

A general cancer support group is available for individuals in all stages of cancer including survivors. Please Note: Family members and caregivers of individuals with cancer are invited to join the group. For more information, call [\(503\)435-6593](tel:5034356593).

### **Weight Loss Surgery Info Session**

**Time:** 5:30pm

Are you ready to lose those unwanted pounds and the health problems they cause? If you are considering weight loss surgery, we invite you to attend a free, no-obligation, weight loss surgery info session presented by our bariatric surgeon, Dr. Erin Thompson. We will cover the types of surgery we offer, qualifications for surgery, benefits and risks of surgery, and how to get started. For more information call [\(503\) 434-6060](tel:5034346060) or visit [WVWeightLossCenter.com](http://WVWeightLossCenter.com).

**Note:** Session dates are also located on the website under "Information Session", as well as an online video option.

Register here:

<https://wwweightlosscenter.com/education-seminars/live-seminar-registration/>

**Location:** McMinnville Surgical Associates (254 NE Norton Ln, McMinnville)

**Time:** 5:30 pm – 6:30 pm

**Dates:** 1 st and 3 rd Wednesday of each month

### **Safe Sitter Class**

**Time:** 9:00am

***This group meeting is postponed until further notice.***

Geared for ages 11 and up, the class is taught by a certified instructor RN from the WVMC Birthing Center and will cover basic skills such as first aid, basic childcare, as well as tips on managing behavior. When you leave you will be prepared to babysit with the skills and confidence to be the best babysitter on the block!

### **Diabetic Support Group**

**Time:** 6:30pm

***This group meeting is postponed until further notice. Please check back at a later date.***

We invite community members with Diabetes type 1 and type 2 to join us in a monthly support group. This group will feature a monthly speaker and cover topics of health and diet, while discussing ways to improve symptoms and conditions that may arise from the disease. It is open to everyone including family members and friends of those with Diabetes. They are fun, interactive and a great place to learn how to live a healthy life.