



Weight Loss Surgery Support Group

This group provides education and peer support for anyone beginning their weight loss journey or for those who have had weight loss surgery. The meetings are designed to help you adjust to and maintain healthy lifestyle changes to ensure long term success. All meetings are free and registration is not required.

2020 Support Group Dates

January 8*	May 6	September 2
February 5	June 3	October 7
March 4	July 1	November 11*
April 1	August 5	December 2**

Meeting Location

Memorial Hermann Memorial City Medical Center
 Memorial City Conference Center - 1st Floor
 920 Frostwood Drive
 Houston, TX 77024 (Use West Pavilion entrance)

Meetings are held from 7 to 9 p.m. on the first Wednesday of every month unless otherwise noted.

*Second Wednesday ** Bunker Hill and Piney Point Conference Rooms for holiday party

You may also join our online support group at groups.yahoo.com/group/MHMCWLS

Monthly topics and/or guest speakers are announced on our online support group forum and emailed to all on our support group list.

For more information:

Bariatric Coordinator (primary contact)

Megan Tomczyszyn at 713.242.4699 or Megan.Tomczyszyn@memorialhermann.org

Bariatric Dietitians

Chelsea Johnson at 713.242.3698 or Chelsea.Johnson@memorialhermann.org

Kelly Wilson at 713.242.2497 or KellyAnn.Wilson@memorialhermann.org

weightloss.memorialhermann.org/support-groups