

FRESNO BARIATRIC

support GROUP 2026



ONGOING SUPPORT FOR EVERY STEP OF YOUR JOURNEY

**MONTHLY TOPIC GROUPS
EVERY 3RD WEDNESDAY 11:30AM - 12:30PM**

ALSA MEDICAL GROUP
205 E RIVER PARK CIR # 460, FRESNO, CA 93720

JANUARY 21

New Year, New Habits

MAY 20

Ask our Experts

SEPTEMBER 16

Building Strength

FEBRUARY 18

Loving Your New Body

JUNE 17

Summer Survival Skills

OCTOBER 21

Mindful Eating

MARCH 18

Protein Power Month

JULY 15

Staying Hydrated

NOVEMBER 18

Gratitude & NSV's

APRIL 15

Moving with Purpose

AUGUST 19

Vitamin, Supplements
& Lab Work

DECEMBER 16

Reflect, Reset,
& Celebrate



**CHAIR YOGA CLASS
EVERY 4th WEDNESDAY 6PM | MONTHLY**

FRESNO HEART AND SURGICAL HOSPITAL
15 E AUDUBON DR, FRESNO, CA 93720

ALL MEETINGS ARE

- FREE OF CHARGE
- HELD IN-PERSON*
- OR VIRTUALLY

*Limited space available at
ALSA in-person

TO JOIN ON ZOOM:

GO TO: [WW.ZOOM.US/JOIN](https://www.zoom.us/join)

MEETING NUMBER:

559 433 8000

PASSWORD

8000



FRESNO HEART
& SURGICAL
HOSPITAL