2023 Post-Op Planning (POP) Class Schedule



The 2023 Post-Op Planning (POP) program includes quarterly POP group classes offered for patients six to 12 months after surgery, with a separate group for patients one year post-op and beyond.

In-person classes are being offered at this time.*

1601 W. Timberlane Drive, Building B

Plant City

If you're interested in attending the POP class through the South Florida Baptist Hospital Weight Loss Surgery Program, call (813) 707-2152 to register.

*Subject to change

Third Wednesday of the month, 5:30–6:30pm

- January 18
 One year and over
- April 19 6–12 months post-op
- July 19
 One year and over
- October 18
 6–12 months post-op

