



Bariatric Center *for* Success

Let Us Help You
CHART YOUR COURSE!

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Providing help and support in achieving your weight loss surgery goals throughout your journey.



Bariatric Education

R.I.S.E. Bariatric Pre-Op Course
R.E.S.E.T. Bariatric Post-Op Course

My Journey Within
Self-Reflection Workbook



Health Coaching

Health Assessment
Personalized Wellness Vision
Goals & Action Planning
Ongoing Coaching & Support



Self-Development

Self-paced, personal development courses on topics such as:
Confidence, Self-Esteem, Self-Care,
Anxiety, Stress, and Fear



Support Group

Free monthly bariatric support groups offering connection, encouragement, and ongoing support.

About Us

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Founded by Denise Roden, NBC-HWC, Bariatric Center for Success serves the bariatric community throughout the U.S. with education, coaching, and support for every stage of the weight loss surgery journey.

As a bariatric patient herself, Denise understands firsthand that surgery is only the beginning. She has maintained 100% of her weight loss for over 22 years, combining her personal experience with professional expertise to help patients build the knowledge, confidence, and habits needed for long-term success.

BCFS offers bariatric education, workshops, webinars, health coaching, and free support groups, along with R.I.S.E., our comprehensive pre-op education program; R.E.S.E.T., designed to help post-op patients reconnect with healthy habits after weight regain or setbacks; and My Journey Within, a guided self-reflection workbook focused on strengthening the mind, body, and spirit. Additional self-development resources address Confidence, Self-Esteem & Self-Care and Anxiety, Stress & Fear, providing support for the emotional and personal side of the bariatric journey.

Bariatric Center for Success

<https://bariatriccenterforsuccess.com/>

Bariatric Education Programs

<https://bariatriccenterforsuccess.thinkific.com/>

Free Support Group Meetings

<https://bariatriccenterforsuccess.com/support-groups/>

Denise Roden, NBC-HWC

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