

Kenneth Hollis, M.D., FACS  
11914 Astoria Boulevard, Suite 125  
Houston, TX 77089  
Ph. 281-482-5300

## **Online Lap Band Support Groups**

A support group is vital to your weight loss success with the LAP-BAND. Consider joining a support group to supplement your in-person group. Please remember that any information received from these websites should not take the place of the medical instructions and opinions provided by your primary care physician. The more you know about your tool the more successful you will be!!

Band Buddies: <http://www.groups.yahoo.com/groupbandbuddies>

This site offers a non-judgmental environment and fair treatment for everyone.

Smart bandsters: <http://www.smartbandsters.com>

This message board welcomes bandsters in all stages of the procedure. Positive support and helpful feedback is the goal of this message board.

Houston Area Bandsters: <http://www.groups.yahoo.com/group/centexbandsters>

This group is aimed at individuals in the Austin area who have had or are investigating the LAPBAND. This forum acts a supportive group in which people can share their experiences and make new friends.