

Third Monday of each month



Bariatric & Metabolic Institute

Avon 2019 Support Group Schedule

Date	Time	Facilitator	Topic
January 21st	6:00-7:00pm	Kasey Goodpaster PhD	Goal-Setting for the New Year and Beyond
February 18th	6:00-7:00pm	Lauren Sullivan RD, LD	Energy Boost. How to eat to feel your best after surgery
March 18th	6:00-7:00pm	Kasey Goodpaster PhD	Identifying and Modifying "Stinkin' Thinkin'"
April 15th	6:00-7:00pm	Surgeon	TBA
May 20th	6:00-7:00pm	To be announced	Exercise Tips
June 17th	6:00-7:00pm	Erin Rossi RD, LD	Introductions to Supplements
July 15th	6:00-7:00pm	Celebrate Vitamins	Supplements/Taste testing
August 19th	6:00-7:00pm	Kasey Goodpaster PhD	Preventing and Treating Weight Regain
September 16th	6:00-7:00	Karen Schulz MSN	The secret of my success. Members share their stories
October 21st	6:00-7:00pm	Lauren Sullivan, RD, LD	Grasping Lifestyle Changes
November 18th	6:00-7:00pm	Kasey Goodpaster PhD	Preparing for the Holidays

Richard E. Jacobs Health & Surgery Center

33100 Cleveland Clinic Blvd

First Floor Community Room