

Second Thursday of each month



Bariatric & Metabolic Institute

2019 Main Campus Support Group Schedule

Date	Time	Facilitator	Topic
January 10th	5:30– 6:30 pm	Nini Peterson, PhD -Psych	Open Discussion/Planning for a new year
February 14th	5:30– 6:30 pm	Nini Peterson, PhD -Psych	For Better or For Worse; Relationships after bariatric surgery
March 14th	5:30– 6:30 pm	Allyson Diggins, PhD–Psych	Body Image
April 11th	5:30– 6:30 pm	Leslie Heinberg, PhD-Psych	Grieving the Loss of Food
May 9th	5:30– 6:30 pm	Exercise Physiology	Training for a 5K
June 13th	5:30– 6:30 pm	Nini Peterson, PhD -Psych	Open Discussion with Featured Patient Speaker/s
July 11th	5:30– 6:30 pm	Katy Martin-Fernandez, MS– Psych	Mindful Eating
August 8th	5:30– 6:30 pm	Celebrate Vitamins	Supplements/Taste testing
September 12th	5:30– 6:30 pm	Erin Rossi, RD	Recharge your Recipes!
October 10th	5:30– 6:30 pm	Nini Peterson, PhD -Psych	Open Discussion with Featured Patient Speaker/s
November 14th	5:30– 6:30 pm	Nini Peterson, PhD -Psych	Holiday Eating

All support groups are held in our large conference room at Main