

Third Monday of each month



Bariatric & Metabolic Institute

Avon 2020 Support Group Schedule

Date	Time	Facilitator	Topic
January 20th	6:00-7:00pm	Kasey Goodpaster PhD.	Setting the Foundation for Your Best Year Yet
February 17th	6:00-7:00pm	Lauren Sullivan RD, LD	Fitness apps—do they help or hinder success ?
March 16th	6:00-7:00pm	Kasey Goodpaster PhD	“The Good, Bad, & the Ugly Navigating Mood Changes” and “Strategies for Managing Cravings.”
April 20th	6:00-7:00pm	Toms Augustin MD	Discussion Group “The Honeymoon is Over”
May 18th	6:00-7:00pm	David Creel PhD	Enhancing Your Workout
June 15th	6:00-7:00pm	Erin Rossi RD, LD	Summer Recipe Swap
July 20th	6:00-7:00pm	Karen Schulz MSN	Surprises After Surgery What I did not expect
August 17th	6:00-7:00pm	Kasey Goodpaster PhD	Who am I now? Body Image and relationship changes.
September 21st	6:00-7:00	Moderated Discussion Karen Schulz MSN	Patient Story Telling
October 19th	6:00-7:00pm	Lauren Sullivan RD, LD	What’s the Big Deal about Supplements?
November 16th	6:00-7:00pm	Kasey Goodpaster PhD	Tips for the Holidays

Richard E. Jacobs Health & Surgery Center
33100 Cleveland Clinic Blvd
First Floor Community Room