

Third Monday of each month

2021 Virtual Support Group Schedule

January-November

Date	Time	Topic	Facilitator
January 18 th	5:30-6:30 pm	Marinating Motivation	Dr. Dave Creel Psych/Exercise Physiology
February 15 th	5:30-6:30 pm	Navigating Relationship Changes after Surgery	Dr. Nini Peterson Psychology
March 15 th	5:30-6:30 pm	National Nutrition Month: Recipe Swap Ideas	Beth Czerwony, MS, RD Nutrition
April 19 th	5:30-6:30 pm	Body Image Before & After Surgery	Dr. Allyson Diggins Psychology
May 17 th	5:30-7:00 pm	EXPERT PANEL: Weight Regain	Dr. Toms Augustin (Surgery) Dr. Scott Butsch (Medicine) Dr. Kasey Goodpaster (Psych) Lauren Sullivan (Nutrition)
June 21 st	5:30-6:30 pm	Surprises after Surgery; What I didn't expect	Karen Schulz, CNP Obesity Medicine
July 19 th	5:30-6:30 pm	Grieving the Loss of Food	Steven Di Francesco, PsyD Psychology
August 16 th	5:30-6:30 pm	Calories, Protein, and Carbs...Oh my!	Mia DiGeronimo, RD Nutrition
September 20 th	5:30-6:30 pm	Plastic Surgery after Bariatric Surgery	Dr. Ray Isakov CCF Plastic Surgery
October 18 th	5:30-6:30 pm	Preparing for Winter Physical Activity: When the weather outside is frightful...exercise can still be delightful	Dr. David Creel Psych/Exercise Physiology
November 15 th	5:30-6:30 pm	Holiday Eating	Lauren Sullivan, RD (Nutrition) Dr. Kasey Goodpaster (Psych)
Please make sure we have your correct e-mail address. Call 216-445-2224 to update your contact information. Reminders and links will be sent out via e-mail.			