

**Third Monday of each month**

## 2021 Virtual Support Group Schedule

### January-November

Date	Time	Topic	Facilitator
January 18 <sup>th</sup>	5:30-6:30 pm	Marinating Motivation	Dr. Dave Creel Psych/Exercise Physiology
February 15 <sup>th</sup>	5:30-6:30 pm	Navigating Relationship Changes after Surgery	Dr. Nini Peterson Psychology
March 15 <sup>th</sup>	5:30-6:30 pm	National Nutrition Month: Recipe Swap Ideas	Beth Czerwony, MS, RD Nutrition
April 19 <sup>th</sup>	5:30-6:30 pm	Body Image Before & After Surgery	Dr. Allyson Diggins Psychology
May 17 <sup>th</sup>	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	5:30-6:30 pm	Surprises after Surgery; What I didn't expect	Karen Schulz, CNP Obesity Medicine
July	5:30-6:30 pm	Grieving the Loss of Food	Steven Di Francesco, PsyD Psychology
August	5:30-6:30 pm	Calories, Protein, and Carbs...Oh my!	Mia DiGeronimo, RD Nutrition
September	5:30-6:30 pm	Plastic Surgery after Bariatric Surgery	Dr. Ray Isakov CCF Plastic Surgery
October	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	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.			