

Third Monday of each month

2021 Virtual Support Group Schedule

January-May

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)

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.