

Third Monday of each month

## 2022 Virtual Support Group Schedule January-November

Date	Time	Topic	Facilitator
January 17	5:30-6:30 pm	Finding a Personal Trainer: A Guide to Success	Marielle Collins, PhD (Psychology)
February 21	5:30-6:30 pm	How Does Surgery Change your Body's Set Point?	Rickesha Wilson, MD (Surgery)
March 21	5:30-6:30 pm	National Nutrition Month: Recipe Remix	Bailey Flora, RD (Nutrition)
April 18	5:30-6:30 pm	Patient Panel of Experts	David Creel, PhD (Psychologist; Exercise Physiologist)
May 16	5:30-6:30 pm	Ask a Nurse Practitioner	Jennifer Mackey, MSN, CNP (Medicine)
June 20	5:30-6:30 pm	Staying on Track while on Vacation	Erin Rossi, RD (Nutrition)
July 18	5:30-6:30 pm	Tips for Managing Graze Eating	Kasey Goodpaster, PhD (Psychology)
August 15	5:30-6:30 pm	Couple's Intimacy RCU; Relationship Check-Up	Nini Peterson, PhD (Psychology)
September 19	5:30-6:30 pm	Self-Care 101	Emily Fink, PhD (Psychology)
October 17	5:30-6:30 pm	Processing the inflammation caused by processed foods	Kristin Loudon, MSN, APRN-CNP (Medicine)
November 21	5:30-6:30 pm	Holiday Eating	Leslie Heinberg, PhD (Psych) + Beth Czerwony, RD (Nutrition)

Email: [BMISupportGroup@ccf.org](mailto:BMISupportGroup@ccf.org) with questions

Reminders and links will be sent out via e-mail.  
Please make sure we have your correct e-mail address.  
Call **216-445-2224** to update your contact information.

**First Wednesday of each month**  
**2022 “Food for Thought”**  
**January-December**

Date	Time	Topic	Facilitator
January 5	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
February 2	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
March 2	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
April 6	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
May 4	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
June 1	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
July 6	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
August 3	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
September 7	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
October 5	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
November 2	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
December 7	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology

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