

Third Monday of each month

2023 Virtual Support Group Schedule
January-November

Date	Time Eastern Time	Topic	Facilitator
January 16	5:30-6:30 pm	New Year's Resolutions vs Goal Setting	Leslie Heinberg, PhD (Psychology)
February 20	5:30-6:30 pm	Ask a Pharmacist	Jamie Buzek, PharmD (CCF Pharmacist)
March 20	5:30-6:30 pm	<u>National Nutrition Month:</u> Top Weight Loss Myths	Anthony DiMarino, RD (Nutrition)
April 17	5:30-6:30 pm	Fueling For Fitness	Courtney Barth, RD (Nutrition) David Creel, PhD (Psych/Ex. Physiology)
May 15	5:30-6:30 pm	Self-Care 101	Emily Fink, PsyD (Psychology)
June 19	5:30-6:30 pm	Ask a Nurse Practitioner	Kristen Loudon, APRN, CNP Jennifer Mackey, APRN, CNP (Medicine)
July 17	5:30-6:30 pm	Body Image	Gina Gerardo, PhD (Psychology)
August 21	5:30-6:30 pm	Labels and Menu Detectives	Joyce Prescott, RD (Nutrition)
September 18	5:30-6:30 pm	Surprises After Surgery	Karen Schulz, CNP (Medicine)
October 16	5:30-6:30 pm	Preparing for Holiday Eating	Erin Rossi, RD (Nutrition) Kasey Goodpaster, PhD (Psychology)
November 20	5:30-6:30 pm	Ask a Surgeon	Chelsea Feng, MD (Surgery)

Email: 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

**2023 “Food for Thought”
January-December**

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

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