

**2026 Virtual Support Group Schedule  
January-November**

**Third Monday of each month**

<b>Date</b>	<b>Time Eastern Time</b>	<b>Topic</b>	<b>Facilitator</b>
<b>January 19</b>	5:30-6:30 pm	Ask an Expert: Surgeon Q&A	Chelsea Feng, MD (Surgery)
<b>February 16</b>	5:30-6:30 pm	Navigating Relationships after MBS when Food is Love	Nini Peterson, PhD (Psych) & Alexis Supan, RD (Nutrition)
<b>March 16</b>	5:30-6:30 pm	<b>National Nutrition Month</b> Hormone Health and Nutrition	Courtney Delpra, RD (Nutrition)
<b>April 20</b>	5:30-6:30 pm	“Ask me anything”: Q&A with 2 veteran patients 10+ years post-op	Jeannine Verde, RN, BSN & Megan Jones, LPN (Medicine)
<b>May 18</b>	5:30-6:30 pm	Managing Your Sleep	Lyubov Gavrilova, M.A. (Psych)
<b>June 15</b>	5:30-6:30 pm	Integrating Obesity Management Medications into your Plan	Natalie Larson, APRN, CNP (Medicine)
<b>July 20</b>	5:30-6:30 pm	Emotional Eating	Rheanna Brown, PhD (Psych)
<b>August 17</b>	5:30-6:30 pm	Body Contouring	Ray Isakov, MD (Plastic Surgery)
<b>September 21</b>	5:30-6:30 pm	Muscle Matters: Protecting Strength During Weight Loss	Kristin Loudon, APRN, CNP (Medicine)
<b>October 19</b>	5:30-6:30 pm	This is Jeopardy! Bariatric Edition	Kasey Goodpaster, PhD (Psych)
<b>November 16</b>	5:30-6:30 pm	Holiday Eating	Erin Rossi, RD (Nutrition) & Serena Stevens, PhD (Psych)

**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 (except May)**

**2026 “Food for Thought”  
January-December**

<b>Date</b>	<b>Time Eastern Time</b>	<b>Topic</b>	<b>Facilitator</b>
January 7	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
February 4	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
March 4	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
April 1	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
<b>April 29* 4<sup>th</sup> Wed</b>	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
June 3	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
July 1	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
August 5	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
September 2	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
October 7	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
November 4	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology
December 2	5:30-6:30 pm	Open Discussion	BMI Nutrition + BMI Psychology

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