

2026 Virtual Support Group Schedule January-November

Third Monday of each month

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

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 (except May)

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

Date	Time Eastern Time	Topic	Facilitator
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
April 29* 4th Wed	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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