

**Third Monday of each month**

**2024 Virtual Support Group Schedule  
January-November**

<b>Date</b>	<b>Time Eastern Time</b>	<b>Topic</b>	<b>Facilitator</b>
<b>January 15</b>	5:30-6:30 pm	Labels & Menu Detective Part 2	Joyce Prescott, RD (Nutrition)
<b>February 19</b>	5:30-6:30 pm	Ask an NP Q&A	Kristen Loudon, APRN, CNP & Emily Bulow, APRN, CNP (Medicine)
<b>March 18</b>	5:30-6:30 pm	<b><u>National Nutrition Month:</u></b> Beyond the Table- Bariatric Eating on the Go	Erin Rossi, RD (Nutrition)
<b>April 15</b>	5:30-6:30 pm	Boosting Body Image	Emily Fink, PsyD & Gina Gerardo, PhD (Psychology)
<b>May 20</b>	5:30-6:30 pm	Ask a Surgeon Q&A	Dr. Rickesha Wilson, MD (Surgery)
<b>June 17</b>	5:30-6:30 pm	Food and Fitness	Courtney Delpra, RD (Nutrition)
<b>July 15</b>	5:30-6:30 pm	Managing “Mind Games “ & Psychological Health	Ari Feinstein, PsyD (Psychology)
<b>August 19</b>	5:30-6:30 pm	Plant-Based Proteins	Amber Sommer, RD & Serena Stevens, PhD (Nutrition & Psychology)
<b>September 16</b>	5:30-6:30 pm	Surprises after Surgery	Karen Shulz, CNP (Medicine)
<b>October 21</b>	5:30-6:30 pm	Myth Busters: Obesity and Surgery	Chelsea Feng, MD (Surgery)
<b>November 18</b>	5:30-6:30 pm	Holiday Eating	Gina Gerardo, PhD (Psychology)

**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**

**2024 “Food for Thought”  
January-December**

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

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