

KC BARIATRIC SUPPORT GROUP SCHEDULE 2017

Date	Time	Topic	Facilitator
January 5 (Th)	5:30 pm	Increasing Your Metabolism	Greg Justice, Exercise Physiologist
January 21 (Sat)	11 am	Bone Health – Chris Bovos	Dr. Saradih
February 7 (T)	5:30 pm	Adaptive Thermogenesis	Dr. Saradih
February 16 (Th)	3 pm	Cooking with Healthy Fats	Diane Doolin, RN
March 7 (T)	5:30 pm	Changing Relationships after Surgery	Dr. Sabapathy
March 23 (Th)	3 pm	Post Op Exercise Options	Kathy Caddell
April 4 (T)	5:30 pm	Optimizing Weight Loss	Dr. Saradih
April 20 (Th)	3 pm	Meal Planning	Steph Wagner, RD
May 2 (T)	5:30 pm	Pearls to Prevent Weight Regain	Chris Bovos, RN
May 18 (Th)	3 pm	Frequently Asked Questions	Dustin Huff
June 6 (T)	5:30 pm	The Appetite Regulation System – Simplified	Dr. Saradih
June 22 (Th)	3 pm	My Journey Through Weight Loss Surgery	Patient
July 20 (Th)	3 pm	Loss of Control Eating	Kathi Williams
August 1 (T)	5:30 pm	Meal Planning	Steph. Wagner, RD
August 17 (Th)	3 pm		
Sept 5 (T)	5:30 pm	Topic to be decided	Dr. Saradih
Sept 21 (Th)	3 pm	Loss of Control Eating Post-op	Kathi Williams
October 3 (T)	5:30 pm	The Science of Willpower	Chris Bovos
October 19 (Th)	3 pm		
November 7 (T)	5:30 pm		
December 5 (T)	5:30 pm		

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