

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	
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	Joint Health	Laura Hernandez, RD
July 20 (Th)	3 pm	Loss of Control Eating	Kathi Williams
August 1 (T)	5:30 pm	Back on Track	Steph. Wagner, RD
August 17 (Th)	3 pm	How to Dress Your Body Type	Gina Daugherty
Sept 5 (T)	5:30 pm	The Science of Willpower	Chris Bovos, RN
Sept 21 (Th)	3 pm	Cross Addiction & Alcohol Consumption After Surgery	Dr. Michelle Coker
October 3 (T)	5:30 pm	Topic to be decided	Dr. Saradih
October 19 (Th)	3 pm	Quick & Easy Cooking	Michelle Adams, RD
November 7 (T)	5:30 pm	Setting & Meeting Activity Goals	Kari McKeown, PT
December 5 (T)	5:30 pm	To be decided	Laura Hernandez