

KC BARIATRIC SUPPORT GROUP SCHEDULE 2018

Date	Time	Topic	Facilitator
January 2 (T)	5:30 pm	Food Labels – What does it all mean?	Chris Bovos, RN
January 25 (th)	3 pm	HALT Emotional Eating	Dr. Coker
February 6 (T)	5:30 pm	HIIT Training to Increase Metabolism	Greg Justice, MA
February 24 (Sat)	10 am	Pre and Probiotics	Laura Hernandez RD
March 6 (T)	5:30 pm	Muscles and Myokines	Kari McKeown, PT
March 22 (th)	3 pm	Hair Loss Day – Why and What to Do	Chris
April 4 (T)	5:30 pm	Beyond the Scale	Dr. Sabapathy
April 21 (Sat)	10 am	Back on Track – 5 day Pouch Reset	Chris Bovos, CBN
May 1 (T)	5:30 pm	Tai Chi for Core Strength and Balance	Sensei Gary/Janelle USSD-Lenexa
May 17 (th)	3 pm	Tai Chi for Core Strength and Balance	
June 5 (T)	5:30 pm	A Vegetarian Approach to the Post-Op Diet	Annie Epp, RD
June 16 (Sat)	10 am	Exercising those Jiggly Underarms Away! (please bring 2 cans to use as weights and then donate them to Harvesters)	Kari & Barb, PTs
July 3 (T)	5:30 pm	Feedback – come tell us what you want in a support group	Chris & Laura
July 26 (th)	3 pm	TBD	Chris & Laura
August 7 (T)	5:30 pm	Sleep – an essential element for weight loss	Katie Hiller, RN
August 25 (Sat)	10 am	Sleep Apnea – when will it go away	Dr. Eveloff
Sept 4 (T)	5:30 pm	My Journey	Rachel Vigna
Sept 18 (TUESDAY)	3 pm	Mind Over Body Image	Dr. Sabapathy
October 2 (T)	5:30 pm	Fad Diets – are they okay after surgery?	Steph Wagner, RD
October 20 (Sat)	10 am	Cooking Demonstration	Laura Hernandez, RD
November 6 (T)	5:30 pm	My Journey	Dr. Martha Katz
November 29 (th)	3 pm	Gallstones, Kidney Stones, etc.	Dustin Huff, PA
December 4 (T)	5:30 pm	Medications after Surgery	Whitney Venegoni, APRN

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