

KC BARIATRIC SUPPORT GROUP SCHEDULE 2019

Date	Time	Topic	Facilitator
January 8 (T)	5:30 pm	Training for a 5K	Kari McKeown, PT
January 22 (T)	5:30 pm	New Year's Resolutions	Katie Hiller, RN
February 5 (T)	5:30 pm	Emotional Eating	Dr. Coker
February 16 (Sat)	10 am	Beyond NSAIDS – Alternative Therapies	Chris Bovos, RN
March 5 (T)	5:30 pm	Plastic Surgery for Excess Skin	Dr. Korentager
March 19 (T)	5:30 pm	Benefits of Exercise Beyond Weight Loss	Kim Bevan, CPT
April 2 (T)	5:30 pm	Carbohydrates Explained	Annie Epp, RD
April 20 (Sat)	10 am		
May 7 (T)	5:30 pm	Nutritional Supplements	Laura Hernandez, RD
May 21 (T)	5:30 pm		
June 4 (T)	5:30 pm	Preventing Weight Regain	Katie Hiller, RN
June 15 (Sat)	10 am		
July 2 (T)	5:30 pm		
July 16 (T)	5:30 pm		
August 6 (T)	5:30 pm		
August 17 (Sat)	10 am		
Sept 3 (T)	5:30 pm		
Sept 17 (T)	5:30 pm		
October 1 (T)	5:30 pm		
October 19 (Sat)	10 am		
November 5 (T)	5:30 pm		
November 19 (T)	5:30 pm		
December 3 (T)	5:30 pm		
Dec 17 TUESDAY	5:30 pm		

Kcbariatric.com, click on *Patient Support*

1st Tuesday of every month at 5:30pm

3rd Tuesday of every odd month at 5:30 pm

3rd Saturday of every even month at 10 am

(Note: January is 2nd and 4th Tuesdays)