

## 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
<b>February 16 (Sat)</b>	10 am	<b>Cancelled for weather</b> <b>Beyond NSAIDS – Alternative Therapies</b>	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
<b>April 20 (Sat)</b>	10 am	Beyond NSAIDS – Alternative Therapies	Chris Bovos, RN
May 7 (T)	5:30 pm	Nutritional Supplements	Laura Hernandez, RD
May 21 (T)	5:30 pm	Back on Track	Chris Bovos
June 4 (T)	5:30 pm	Preventing Weight Regain	Katie Hiller, RN
<b>June 15 (Sat)</b>	10 am		
July 2 (T)	5:30 pm		
July 16 (T)	5:30 pm		
August 6 (T)	5:30 pm		
<b>August 17 (Sat)</b>	10 am		
Sept 3 (T)	5:30 pm		
Sept 17 (T)	5:30 pm		
October 1 (T)	5:30 pm		
<b>October 19 (Sat)</b>	10 am		
November 5 (T)	5:30 pm		
November 19 (T)	5:30 pm		
December 3 (T)	5:30 pm		
Dec 17 <b>TUESDAY</b>	5:30 pm		

Kcbariatric.com, click on *Patient Support*

1<sup>st</sup> Tuesday of every month at 5:30pm

3<sup>rd</sup> Saturday of every even month at 10 am

3<sup>rd</sup> Tuesday of every odd month at 5:30 pm

**(Note: January is 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays )**