

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 | Cancelled for weather 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 | 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 |
| June 15 (Sat) | 10 am | Self Care after Surgery | Dr. Sabapathy |
| July 2 (T) | 5:30 pm | CANCELLED | |
| July 16 (T) | 5:30 pm | Meal planning and prep, it's a lifestyle. | Roger Bartlett- patient |
| August 6 (T) | 5:30 pm | Training for 5K | Kari & Barb, PT's |
| August 17 (Sat) | 10 am | | |
| Sept 3 (T) | 5:30 pm | | |
| Sept 17 (T) | 5:30 pm | Eating Out | Annie Epp, RD |
| October 1 (T) | 5:30 pm | Impact of stress and how to cope | Dr. Coker |
| October 19 (Sat) | 10 am | | |
| November 5 (T) | 5:30 pm | | |
| November 19 (T) | 5:30 pm | | |
| December 3 (T) | 5:30 pm | Digestion | Laura Hernandez, RD |
| Dec 17 TUESDAY | 5:30 pm | | |

Kcbariatric.com, click on *Patient Support*

1st Tuesday of every month at 5:30pm

3rd Saturday of every even month at 10 am

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

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