

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	Yoga: Instruction and class	Diane Doolin, RN, yoga instructor
Sept 3 (T)	5:30 pm	KCB abdominal skin removal	Dr. Robert Aragon
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	Trendy, Thrifty Tips and Tricks	Gina D. - patient
November 5 (T)	5:30 pm	Using your tool to prevent weight regain	Mary Powell, APRN
November 19 (T)	5:30 pm	Discussion about post-op complications	Dr. Robert Aragon
December 3 (T)	5:30 pm	TBD	Steph Wagner, RD
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)

