

KC BARIATRIC SUPPORT GROUP SCHEDULE 2020

Month	Date & Time	Topic	Facilitator
January	Tues. 1/7 @ 5:30 pm	<i>Setting New Year's Resolutions- Goals</i>	Katie, RN
	Tues. 1/21 @ 5:30 pm	<i>5 K Training/ Announcement of BCKC 5K</i>	Barb & Shelly, PT's
February	Tues. 2/4 @ 5:30 pm	<i>Hair and skin care/ hair loss options</i>	Renee (Sante boutique)
	Saturday 2/15 @ 10 am	<i>Small Group Saturday</i>	Katie, RN
March	Tues. 3/3 @ 5:30 pm	<i>Meal Ideas</i>	Sidney, RD
April	Tues. 4/7 @ 5:30 pm	<i>Head Hunger</i>	Dr. Coker
	Saturday 4/18 @ 10 am	<i>5 K Warm-up</i>	Barb & Shelly, PT's
May	Tues. 5/5 @ 5:30 pm	<i>Ask the experts- patient style</i>	Roger, Wendy & Carole
	Tues. 5/19 @ 5:30 pm	<i>10 habits of highly successful post-op patients</i>	Steph Wagner, RD
June	Tues. 6/2 @ 5:30 pm	<i>Ask the experts-BCKC style</i>	Dr. A, Mary, NP, Sidney, RD
	Saturday 6/20 @ 10 am	<i>Effects of Alcohol after WLS-a patient's story</i>	Chane, patient
July	Tues. 7/7 @ 5:30 pm	<i>Importance of sleep for weight loss</i>	Erika & Katie, RN
	Tues. 7/21 @ 5:30 pm	<i>Love Your Body Yoga</i>	Dr. Margaret Estrin
August	Tues. 8/4 @ 5:30 pm		
	Saturday 8/15 @ 10 am		
September	Tues. 9/1 @ 5:30 pm		
	Tues. 9/15 @ 5:30 pm		
October	Tues. 10/6 @ 5:30 pm		
	Sat. 10/17 @ 10am	TBD	Dr. Sabapathy
November	Tues. 11/3 @ 5:30 pm		
	Tues. 11/17 @ 5:30 pm		
December	Tues. 12/1 @ 5:30 pm		
	Tues. 12/15 @ 5:30 pm		

Kcbariatric.com, click on "Patient Support"

We also have a closed Facebook support group "The Bariatric Center of Kansas City-Support Group"