

SUPPORT GROUP FOR POSTSURGICAL BARIATRIC PATIENTS

Support groups are an important component of your bariatric journey. Our group allows you to connect with others in the community who are in various phases of the bariatric surgery process, from presurgery to many years postoperative.

Please join us to learn more and to connect with others.

2021 CLASS SCHEDULE

Jan. 5

Andrew Ahrendt PhD
Social Support

Feb. 2

Kimmie Sharp MMN, RDN, LMNT
Eating on the Go

March 2

Courtney Brennaman MS, CRC, PLMHP
Cognitive Behavioral Food Strategies

April 6

Laura Hernandez MMN, RDN, LMNT
Intuitive Eating

May 4

Linda Neumann-Potash, RN, MN, CBN
Back to the Basics

June 1

Heidi Hon MD
Topic TBD

July 6

Cecilia Poon, PhD
Emotional Eating

Aug. 3

Jacque Schwartz MHA, RDN, LMNT
Recipe Resources

Sept. 7

Shannon Wong, MD
*Q&A with Plastic Surgeon Regarding
Body Recontouring*

Oct. 5

Kate Linder, PhD
Navigating Social Support and Sabotage

Nov. 2

Katie Werth APRN, FNP-C
Master your Mindset

Dec. 7

Engage Wellness Staff
Exercising During the Cold Months



DATE AND TIME

**First Wednesday of each month,
excluding holidays via Zoom,
from 6 to 7 p.m.**

View and listen to meetings online at
<https://unmc.zoom.us/j/96877873568?pwd=dmZ2eGpVbDVmYTZQcjZkMkhod1hXUT09>
Passcode: Bari
Join by phone: 312.626.6799
Meeting ID: 968 7787 3568

QUESTIONS

Call 402.559.9500



Designated
**BlueDistinction®
Center+**
Bariatric Surgery