Bariatric support groups are an important component of your bariatric journey. Our support group allows you to connect with others in our community who are in all phases of the bariatric surgery process, from pre-surgery to many years post-op. Weight loss support groups are an important component of long term success.

Please join us to learn more and connect with others!

CLASS SCHEDULE 2017

**January 4**
Agnes Stairs, PhD  
Mindfulness

**February 1**
Shawn Zajicek MS, RD, LMNT  
Nutrition 101: Bariatric Eating Through the Stages

**March 1**
Linda Neumann-Potash, RN  
Paying it Forward: Renewing Your Commitment to Healthy Behaviors, Being a Role Model for Others and Supporting Others in Their Journey.

**April 5**
Nessie Ferguson, MS, RD, LMNT, CDE  
Cooking with Nessie, Celebration of National Nutrition Month

**May 3**
Justin Weeks, PhD  
The Psychology of Eating

**June 7**
Rebecca Jardon, RD, LMNT  
Meal Pattern Ideas

**July 5**
Lauren White, PA  
Managing Medications and Co-Morbid Issues, Q&A

**August 2**
Debra Reilly, MD  
Q&A with Plastic Surgeon Regarding Body Recontouring  
*We will also be having a CLOTHING SWAP! Support group will end at 7:30 p.m. due to the addition of the clothing swap.*

**September 6**
Agnes Stairs, PhD  
Cognitive Distortions

**October 4**
Rebecca Jardon, RD, LMNT  
Eating During the Holidays

**November 1**
Shawn Zajicek MS, RD, LMNT  
Open Forum for Post-Surgical Patients, Q&A

**December 6**
Kris Volkmer, MPH, CDE  
Exercise During the Cold Months

**DATE & TIME**
First Wednesday of each month, 6 to 7 p.m.  
*Please, no arrivals before 5:30 p.m.*

**LOCATION**
Bariatrics Center - Conference Room  
University Tower (2nd floor)

The Bariatrics Center is located just to the right of the Durham Outpatient Center at 4400 Emile Street on the Nebraska Medical Center campus.

**QUESTIONS**
Call 402.559.9500