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.



2020 CLASS SCHEDULE

Jan. 8 Linda Neumann-Potash, RN Back to Basics

Feb. 5 Cecilia Poon, PhD *Food and Relationships*

March 4 Kate Linder, PhD *Behavior Change*

April 1 Laura Evans, MMN, RDN, LMNT Habit Loop and Eating Triggers

May 6 Tessa Holscher, PsyD *Mindful Eating*

June 3 Laura Evans, MMN, RDN, LMNT *Intuitive Eating*

July 1 Kim Fisk, BSN, RN *Recipe Swap*

Aug. 5 Justin Weeks, PhD *The Psychology of Eating*

Sept. 2

Melissa Monzu-Sparks, BSN, RN, CBN *Q&A Panel Discussion with patients who have had bariatric surgery.*

Oct. 7 Shannon Wong, MD *Q&A with Plastic Surgeon regarding Body Re-Contouring*

Nov. 4 TBD *Eating During the Holidays*

Dec. 2 Heather Shafer, MS *Exercising During the Cold Months*

DATE AND TIME

First Wednesday of each month, excluding holidays, from 6 to 7 p.m. *Please, no arrivals before 5:30 p.m.*

View and listen to meetings online at https://unmc.zoom.us/j/96877873568?p wd=dmZ2eGpVbDVmYTZQcjZkMk hod1hXUT09 Passcode: Bari Join by phone: 312.626.6799 Meeting ID: 968 7787 3568

LOCATION

Bariatrics Center Classroom

University Tower, level two

The Bariatrics Center is located just east of the Durham Outpatient Center at 4400 Emile St. on the Nebraska Medical Center campus.



QUESTIONS Call 402.559.9500



