

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.

2023 CLASS SCHEDULE

Jan. 4

Kimmie Sharp, MMN, RDN, LMNT
Getting Creative with Fitting in Protein

Feb. 1

Andrew Ahrendt, PhD
Developing Social Support Network

March 1

Heidi Hon, MD
TBD

April 5

Engage Wellness
TBD

May 3

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

June 7

Ciara McCarty
Physical Activity

July 5

Jacque Schwartz, MHA, RDN, LMNT
Navigating Social Settings

Aug. 2

Carrie Torczon
TBD

Sept. 6

Karen Sater
TBD

Oct. 4

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

Nov. 1

Katie Werth, APRN, FNP-C
Master your Mindset

Dec. 6

Laura Hernandez, MMN, RDN, LMNT
Intuitive Eating



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://tinyurl.com/4j6s6dte>

Passcode: Bari

Join by phone: 312.626.6799

Meeting ID: 968 7787 3568

QUESTIONS

Call 402.559.9500



Designated
BlueDistinction[®]
Center+
Bariatric Surgery