



**2019 Bariatric Support Group Calendar, 5:30 p.m. - 6:30 p.m.**

<b>Month</b>	<b>Topic</b>
<b>Monday, January 21st</b> WMC, Support Services Bldg, 1200 East 3rd Street, Auditorium B, 1st floor	Guest Speaker - Stephanie Clark - YMCA Exercise and Weight Loss
<b>Monday, February 25th</b> WMC, Support Services Bldg, 1200 East 3rd Street, Auditorium A, 1st floor	Guest Speaker - Anastasia Sarbach, MS Coping Skills
<b>Monday, March 18th</b> WMC, Support Services Bldg, 1200 East 3rd Street, HR Classroom, 2nd floor	Guest Speaker - Stephanie Clark - YMCA Exercise and Weight Loss
<b>Monday, April 15th</b> WMC, Support Services Bldg, 1200 East 3rd Street, HR Classroom, 2nd floor	Guest Speaker - Karla Case, RD Bariatric Meal Ideas/ Hidden Sugars
<b>Monday, May 20th</b> WMC, Support Services Bldg, 1200 East 3rd Street, Auditorium A, 1st floor	Guest Speaker - Michael Boulter, DPT Modified Movement and Activity
<b>Monday, June 17th</b> WMC, <b>West Tower (new entrance),</b> 1233 E. 2nd Street, Conference Rm A/B, 1st floor	Guest Speaker - Dr. Vishwanath Pattan Gut Hormones after Surgery
<b>Monday, July 15th</b> WMC, Support Services Bldg, 1200 East 3rd Street, Board Room, 1st floor	Preventing Weight Regain after Bariatric Surgery Jennifer Sesley, MS,RD,LD,CDE
<b>Monday, August 19th</b> WMC, Support Services Bldg, 1200 East 3rd Street, HR Classroom, 2nd floor	Guest Speaker - Darci Reed, RN Stress Reduction and Deep Breathing
<b>Monday, September 16th</b> WMC, Support Services Bldg, 1200 East 3rd Street, HR Classroom, 2nd floor	Guest Speaker - Dr. Coffey Plastic Surgery after Bariatric Surgery
<b>Monday, October 21st</b> WMC, Support Services Bldg, 1200 East 3rd Street, Board Room, 1st floor	Probiotics in Bariatrics Kathy Fuchs, RD,LD
<b>Monday, November 18th</b> WMC, Support Services Bldg, 1200 East 3rd Street, Board Room, 1st floor	Holiday Planning Jennifer Sesley, MS,RD,LD,CDE