

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.

2024 CLASS SCHEDULE

Jan. 3

Kimmie Sharp, MMN, RDN, LMNT, LD
Mixing Up Protein Shakes

Feb. 7

Andrew Ahrendt, PhD
Developing Social Support Network

April 3

Libby Guenther, MS
Engage Wellness

June 5

Heidi Hon, MD
Body Recontouring Surgery

Aug. 7

Ashlyn Dau, MMN, RDN, LMNT, LD
and Trena Miles
TBD

Oct. 2

Ciara McCarty MPA S PA-C
Physical Activity/Exercise

Dec. 4

Laura Hernandez, MMN, RDN, LMNT, LD
Holiday Eating



DATE AND TIME

First Wednesday of even-numbered months beginning in February, 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



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