February 25, 2019  Integrating Bariatric Surgery Into Your Social Life  

March 25, 2019  Plastic Surgery Following Bariatric Surgery  
Presentation by: Mark Bosbous, MD, Plastic Surgeon

April 22, 2019  Mindfulness for Beginners: Moving Into Mindfulness  
Presentation by: Courtney Barry, PsyD, MS  Bariatric Health Psychologist

May, 2019  No meeting - Happy Memorial Day

June 24, 2019  What’s Up Doc?  
An opportunity to ask the bariatric surgeons medical questions related to different surgical procedures, outcomes, and results.  
Presentation by: Bariatric Surgeon Panel

July 22, 2019  Bariatric cooking, recipes, tips and tricks  
Presentation by: Sarah Kent, RD, CD, and cookbook author

August 26, 2019  What’s in Your Toolbox? Open forum discussion of what you’re using for tracking, apps, products you’ve found helpful or not, preferred water bottles, exercise videos/classes, websites, recipe finders, etc  
Facilitation by: Andrea Dietz, RD, CD

September 23, 2019  The Stages of Bariatric Emotions  
Presentation by: Courtney Barry, PsyD, MS, Bariatric Health Psychologist

October 28, 2019  Holiday Recipe Rehab  
Presentation by: Andrea Dietz, RD, CD

November 25, 2019  Stay tuned for details!  Date subject to change

December 2019  No meeting - Happy Holidays

Cancellations or changes may be found online at:
- www.froedtert.com (follow prompts to support groups)  
- Facebook at: MCW Bariatric Surgery  
- If you are part of our email distribution list, you would receive an email. If you are not a member but would like to be added to the email distribution list, please send an email to: bariatrics@mcw.edu with the subject line “Add Me to List”!