

## Bariatric Surgery Zoom VIRTUAL Support Group Meetings 2023

**\*\*Registration is required for each meeting\*\***

An email will be sent in advance of each support group meeting with registration information. **If you are not currently receiving our emails, please send an email to Keri at [kblaszcz@mcw.edu](mailto:kblaszcz@mcw.edu) and ask to be added to the distribution list!** If you already receive our emails, there is no action needed. Please be sure to add the above email to your “safe senders” list.

Questions? Please call: 414-955-1799 option 1 followed by option 2

### **Monday January 23, 2023 - 12:00 – 1:00pm**

Led by: Amy Sadowski, RD, CD – Bariatric dietitian

Topic: Back on Track in the new year

### **Monday February 27, 2023 - 12:00 – 1:00pm**

Led by: Nicole Marrari, RD, CD – Bariatric dietitian

Topic: Show and Tell

Each participant should come prepared to share 2 products that they use at home (sugar free beverage, a high protein product, a low carb option, etc) to discuss with the group.

### **Monday March 27, 2023 – 6:00-7:00pm**

Led by: Mark Bosbous, MD, Plastic Surgeon

Topic: Plastic Surgery following weight loss

### **Monday April 24, 2023 - 12:00-1:00pm**

Led by: Amy Sadowski, RD, CD – Bariatric dietitian

Topic: Tips for a social life after bariatric surgery

### **Monday May 22, 2023– 12:00 – 1:00pm**

Led by: Nicole Marrari, RD, CD – Bariatric dietitian

Topic: Patient Success Stories

### **Monday June 24, 2023 12:00-1:00pm**

Led by: Courtney Barry, PsyD (Bariatric Health Psychologist) and Amy Kulwicki, RD, CD (Bariatric dietitian)

Topic: Mid-year check in

**Over to backside for additional monthly meetings July through December**

## **Bariatric Surgery Zoom VIRTUAL Support Group Meetings 2023 continued**

**\*\*Registration is required for each meeting\*\***

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### **Monday July 24, 2023 – 6:00 – 7:00pm**

Led by: Ryan Schumacher, PT

Topic: Creating a home gym that won't break the bank; alternatives to expensive equipment

### **Monday August 28, 2023 – 12:00 – 1:00pm**

Led by: Alex Buhk, PhD – Bariatric Health Psychologist

Topic: Caring for yourself while caring for others, allowing grace and forgiveness when things don't go as planned

### **Monday September 25, 2023 - 5:00pm – 6:00pm**

Led by: Tammy Kindel, MD, PhD and Rana Higgins, MD – Bariatric Surgeons

Topic: Ask the surgeon

### **Monday October 23, 2023 – 6:00pm – 7:00pm**

Led by: Denise Kilway, APNP and patient

Topic: Open forum discussion

### **Monday November 20, 2023 – 12:00-1:00pm**

**\*\*PLEASE NOTE THIS IS THE 3<sup>RD</sup> MONDAY DUE TO HOLIDAY\*\***

Led by: Amy Kulwicki, RD, CD – Bariatric dietitian

Topic: Surviving the Holidays, open forum

### **Monday December 18, 2023 – 12:00-1:00pm**

**\*\*PLEASE NOTE THIS IS THE 3<sup>RD</sup> MONDAY DUE TO HOLIDAY\*\***

Led by: Courtney Barry, PsyD - Bariatric Health Psychologist

Topic: Putting Yourself in Self Care for 2024