

Third Monday of each month (except June)

**2025 Virtual Support Group Schedule
January-November**

| Date | Time Eastern Time | Topic | Facilitator |
|---|-----------------------------|---|---|
| January 20 | 5:30-6:30 pm | Ask an Expert: Obesity Medicine Q&A | Neetu Muchandani, MD (Medicine) |
| February 17 | 5:30-6:30 pm | Obesity Treatment Updates | Norma Atkinson, MD (Medicine) |
| March 17 | 5:30-6:30 pm | National Nutrition Month: Meal Prepping & Planning | Alexis Supan, RD (Nutrition) |
| April 21 | 5:30-6:30 pm | Mindfulness & Eating Intentionally | Kaila Kutz, PsyD (Psychology) |
| May 19 | 5:30-6:30 pm | Plant-Based Diets | Amber Sommer, RD (Nutrition) & Serena Stevens, PhD (Psychology) |
| June 23* 4th Monday | 5:30-6:30 pm | Improving Self-Care | Emily Fink, PsyD (Psychology) |
| July 21 | 5:30-6:30 pm | Weight Bias/Stigma and Advocacy: What can you do? | Nini Peterson (Psychology) & Beth Czerwony, RD (Nutrition) |
| August 18 | 5:30-6:30 pm | Eating Out | Erin Rossi, RD (Nutrition) |
| September 15 | 5:30-6:30 pm | Surprises after Surgery | Karen Shulz, CNS (Medicine) |
| October 20 | 5:30-6:30 pm | Ask an Expert: Surgeon Q&A | Ricard Corcelles, MD (Surgery) |
| November 17 | 5:30-6:30 pm | This is Jeopardy! Bariatric Edition | Kasey Goodpaster, PhD (Psych) & Amber Sommer, RD (Nutrition) |
| December 15 | 5:30-6:30 pm | Healthy Holiday Eating | Gina Gerardo (Psychology) |

Email: BMISupportGroup@ccf.org with questions

Reminders and links will be sent out via e-mail.

Please make sure we have your correct e-mail address.

Call **216-445-2224** to update your contact information.

First Wednesday of each month (except January)

**2025 “Food for Thought”
January-December**

| Date | Time Eastern Time | Topic | Facilitator |
|--|------------------------------|-----------------|-----------------------------------|
| January 8* 2nd Wed | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| February 5 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| March 5 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| April 2 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| May 7 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| June 4 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| July 2 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| August 6 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| September 3 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| October 1 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| November 5 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |
| December 3 | 5:30-6:30 pm | Open Discussion | BMI Nutrition + BMI Psychology |

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