***2022 Support Groups***

**Boone Health Bariatric Program “Through Thick and Thin” Support Group**

*6:00 PM to 7:00 PM CST via Zoom*

**Cristina and Jennifer’s Zoom Code: 790 960 6774 or** [**https://zoom.us/j/7909606774**](https://zoom.us/j/7909606774)

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| ~~January 13, 2022~~ | ~~Jennifer- Cooking Demo~~ |
| February 10, 2022 | ProCare/Cristina- Mindful Eating  [**https://www.crowdcast.io/e/MindfulEatingPractices**](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.crowdcast.io_e_MindfulEatingPractices&d=DwMGaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=FJ8U_wKtA1wQrqHmz7CdmfyarpbfvUSb23Ywt2M8yC0&m=lIfIfjaddZzFgoW1gWnk_fX_cayXxbnoct9UNE6xKmI&s=0-oj_L5RrL9eBSymVC1_LpPOLg89SCJWqYjfrEAqdno&e=) |
| March 10, 2022 | Allie Arends, NP- Getting Back on Track after WLS |
| April 14, 2022 | Stephen’s Lake Park Meet Up (COVID pending- masking and social distancing required per Boone Policy) |
| May 12, 2022 | Jennifer- Sleep with Matt from Clayton Sleep Institute |
| June 9, 2022 | Jennifer- Dr. Spencer Discusses Skin Removal Surgery |
| July 14, 2022 | ProCare/Cristina- Weight Regain/Plateaus  [**https://www.crowdcast.io/e/TriumphOverRegain**](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.crowdcast.io_e_TriumphOverRegain&d=DwMGaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=FJ8U_wKtA1wQrqHmz7CdmfyarpbfvUSb23Ywt2M8yC0&m=NCEaT_L34t0P1cKLmCabkF_5wHhzz1j_385x7ANgQEA&s=IonSSxEngB4lAWdDupH6KdCq8yeYwg5RrbWBTsSVP3c&e=) |
| August 11, 2022 | Jennifer- Decoding Food Labels |
| September 8, 2022 | Cristina- Plant-Centric Eating After Bariatric Surgery |
| October 13, 2022 | Jennifer- Dining Out |
| November 10, 2022 | Cristina- Holiday Prep |
| December 8, 2022 | Jennifer- New Years Prep |

*\* provider, topics, times and dates subject to change- monitor e-mail and Facebook group for announcements*

**ProCare Vitamins Life Support Group**

*5:00 PM – 6:00 PM CST via CrowdCast*

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| ~~January 20, 2022~~ | ~~The Most Common Causes of Fatigue and How to Overcome Them~~ |
| February 17, 2022 | Self-Care and Giveaways! (special sign-up) |
| March 17, 2022 | 2 Hours- Connecting to the Power of Visioning for a Purpose Driven Life |
| April 21, 2022 | 20 Date Night Ideas |
| May 19, 2022 | Protein Supplementation- At its Best |

*More events to be announced…The best way to get updates is to register below!*

**Link to register:** [**https://www.crowdcast.io/e/bariatric-support-group-/register**](https://www.crowdcast.io/e/bariatric-support-group-/register)

By registering for the event, participants will have access to the upcoming episode and the entire series. Each will be asked to verify their email and then be prompted to the Crowdcast “Bariatric Surgery” page where they can introduce themselves. They will receive a confirmation email with a “Add to Calendar” link. A second reminder email with the link will be sent 10 minutes before the event goes live.

*\* Boone Health Bariatric Program is not affiliated and cannot offer technical support.*