***2023 Support Groups***

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

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| --- | --- | --- | --- | --- |
| ***Date*** | ***Day*** | ***Time*** | ***Provider*** | ***Topics*** |
| January 12, 2023 | Thursday | 6:00 PM | Jennifer | Snacking 101 |
| February 9, 2023 | Thursday | 6:00 PM | Jennifer | Physical Activity- ProCare  [**https://crowdcast.io/c/physical-upgrade/uALkA**](https://urldefense.proofpoint.com/v2/url?u=https-3A__crowdcast.io_c_physical-2Dupgrade_uALkA&d=DwMFAg&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=FJ8U_wKtA1wQrqHmz7CdmfyarpbfvUSb23Ywt2M8yC0&m=1H-9OrM59tllDoeYyLGmSEfeClsa9g2Qkmb-R4ALflI&s=1klSpZE5i0JFUp_XesAEX1dZHZ4SoTCCtOe_W5hcRcw&e=) |
| *March 6, 2023* | *Monday* | *12 PM* | *Jennifer* | *Habit and Behavior Change* |
| *April 17, 2023* | *Monday* | *12 PM* | *Jennifer* | *Maintaining Motivation* |
| May 11, 2023 | Thursday | 6:00 PM | Jennifer | Stephen’s Lake Park Meet Up |
| *June 19, 2023* | *Monday* | *12 PM* | *Jennifer* | *Overcoming Overeating and Cravings* |
| July 13, 2023 | Thursday | 6:00 PM | Jennifer | Recipe Adaption/Modification |
| August 10, 2023 | Thursday | 6:00 PM | Jennifer | ProCare- Ultimate Confidence  [**https://crowdcast.io/c/confidence/KFRiZ**](https://urldefense.proofpoint.com/v2/url?u=https-3A__crowdcast.io_c_confidence_KFRiZ&d=DwMFAg&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=FJ8U_wKtA1wQrqHmz7CdmfyarpbfvUSb23Ywt2M8yC0&m=m9AlGW1eBd8N6HZCIvKy9na0TRz8DwYHjcPyET12fXU&s=gTHOyL-Cph0efCqyzP4f_6pMDxYTTuDuxmkbP75IwhI&e=) |
| September 14, 2023 | Thursday | 6:00 PM | Jennifer | Stephen’s Lake Park Meet Up |
| *October 16, 2023* | *Monday* | *12 PM* | *Jennifer* | *Grocery Shop for Success* |
| *November 6, 2023* | *Monday* | *12 PM* | *Jennifer* | *Preparing for the Holidays* |
| December 14, 2023 | Thursday | 6:00 PM | Jennifer | Holiday Cooking Demo |

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

**Zoom Code:** 790 960 6774

**Zoom Link:** [*https://us06web.zoom.us/j/7909606774?pwd=V24vZTBYdWxqSnBRWFpOdzhrQXZ5dz09*](https://us06web.zoom.us/j/7909606774?pwd=V24vZTBYdWxqSnBRWFpOdzhrQXZ5dz09)

**Zoom Password:** boone

**Boone Facebook Group:** “Boone Weight Loss Surgery Support Group (private)”

**ProCare Vitamins Life Support Group**

*5:00 PM – 6:00 PM CST via CrowdCast. Check website for schedule changes.*

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| --- | --- | --- | --- |
| ***Date*** | ***Day*** | ***Time*** | ***Topics*** |
| January 19, 2023 | Thursday | 5:00 PM | Overcoming Challenges and Change (guest speaker) |
| February 16, 2023 | Thursday | 5:00 PM | Eating on a Limited Budget |
| March 16, 2023 | Thursday | 5:00 PM | A Day as a WLS Patient |
| April 13, 2023 | Thursday | 5:00 PM | First Steps to Take When Old Habits Return |
| May 18, 2023 | Thursday | 5:00 PM | Nutrition 101 – Creative Ways to Stay on Track While Leading a Busy Life |
| June 15, 2023 | Thursday | 5:00 PM | Tracking Tools that Lead to Accomplishment |
| July 20, 2023 | Thursday | 5:00 PM | Ideas for Protein Intake to Meet Daily Macros |
| August 17, 2023 | Thursday | 5:00 PM | Keeping Mental Health a Priority |
| September 21, 2023 | Thursday | 5:00 PM | Favorite Healthy Restaurant Choices |
| October 19, 2023 | Thursday | 5:00 PM | Sleep Habits that Accelerate Weight Loss |
| November 16, 2023 | Thursday | 5:00 PM | Maximize Your Workouts (Nutrition + Physical Activity) |
| December 14, 2023 | Thursday | 5:00 PM | Festive Holiday Recipe Demo by Chef Healthy Henry |

**Link to register:** <https://www.crowdcast.io/c/bariatric-support2>

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.

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