



## Billings Clinic

### 2018 Metabolic Surgery Support Group

Group discussion and support for those who have had weight-loss surgery or who are considering it. Open to all community members.

Meets at 5:30 pm the third Monday of the month.

\*Health Conference Center A & C 2800 10th Ave North

**New Location!**

### 2018 Support Group Schedule

<b>January 15</b>	<b>Eat This Not That</b> <i>Gretchen Groves, Dietetic Intern</i>
<b>February 19</b>	<b>Dealing with Hunger</b> <i>Daen Scott, FNP</i>
<b>March 19</b>	<b>Body Image - Who is That Person in the Mirror?</b> <i>Mary Pike, LCSW</i>
<b>April 16</b>	<b>Plastic Surgery Options</b> <i>Alan Muskett, MD</i>
<b>May 21</b>	<b>Understanding my Metabolism</b> <i>Jeanne Ortiz, MD</i>
<b>June 18</b>	<b>The Balancing Act - Adjusting as Your Body Changes</b> <i>Anna Kasperick, RD, CPT</i>
<b>July 16</b>	<b>Slippery Slopes and Pitfalls</b> <i>John Pender, MD</i>
<b>August 20</b>	<b>Meal Planning and Smart Shopping</b> <i>Lindsey Sterchi, RD, CDE</i>
<b>September 17</b>	<b>Getting Your Head Around Head Hunger</b> <i>Mary Pike, LCSW</i>
<b>October 15</b>	<b>Nutrition 101 - Giving Your Body What it Needs</b> <i>Stephanie Welch, RD, CDE</i>
<b>November 19</b>	<b>Holiday Survival Tips</b> <i>Mary Pike, LCSW &amp; Heather Petty, RD, CDE</i>
<b>December 17</b>	<b>Muscling up Your Metabolism</b> <i>Anna Kasperick, RD, CPT</i>

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Billings, MT 59101  
(406) 238-2500 or  
1-800-332-7156  
[billingsclinic.com/  
metabolism](http://billingsclinic.com/metabolism)

\*Health Conference Center adjacent to the hospital cafeteria