



Duke Center for Metabolic and Weight Loss Surgery

2025 Support Groups

Join Virtually via Zoom on the **2nd Monday @ 6pm**

Facilitators: Maria Tucker, MPH, RD, LDN, CDCES - Maria.tucker@duke.edu

Julie Ives, RD, LDN – Julie.ives@duke.edu Christina Killete, RD, LDN – Christina.killette@duke.edu

Jennifer Norris, PA – Jennifer.k.hopper@duke.edu

DATE

TOPIC & SPEAKERS

January 13	Patient Panel – Bring Your Questions for our Panel of Patients
February 10	Ask the Experts Your Questions – Dr. Jin Yoo & Maria Tucker MPH, RD, LDN, CDCES
March 10	“Plastic Surgery after Weight Loss” – Dr. Detlev Erdmann
April 14	“Healing Hidden Hurt: Addressing the Pain of Childhood Before & After Weight Loss Surgery” – Dr. Ryan Denney (Community Psychologist)
May 12	Patient Panel – Bring Your Questions for our Panel of Patients
June 9	“Returning to Exercise After Injury” – Jessica Gray PT, DPT
July 14	“Summer Nutrition” – Julie Ives RDN, LDN
August 11	“Plastic Surgery after Weight Loss” – Dr. Rebecca Knackstedt
September 8	“Introduction to Mindful Eating” – Dr. Tina Gremore
October 13	“Preparing for the Holidays: Top 10 Tips for Navigating the Holiday Menu” – Maria Tucker MPH, RD, LDN, CDCES
November 10	“Staying Motivated in Winter” – Lindsay Dean PT, DPT

Join us virtually via Zoom – see the “Patients of Duke Center for Metabolic & Weight Loss Surgery” Facebook page, under EVENTS for the link to the meetings

OR copy and paste this link to your browser

<https://duke.zoom.us/j/93033794185>

Meeting ID: 930 3379 4185