

# Calgary Adult Bariatric Specialty Clinic Clinic and Class Schedule



August-2017



**Calgary Adult  
Bariatric  
Specialty  
Clinic**

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[calgarybariatric.ca](http://calgarybariatric.ca)



## Did you know?....

Did you know that for the month of June there were **93 missed appointments!** This greatly impacts all clinic staff, physicians, and patients eagerly awaiting appointments. Please, if you need to cancel an appointment provide our team a minimum of 48 hours notice.

Effective August 1-2017

- All appointments with less than 48 hours' notice will be documented as a missed appointment.
- All late arrivals will be documented. If patients arrive late and the provider deems that appointment objectives cannot be met, the patient will be asked to reschedule.
- Two missed appointments may result in discharge from the program.

**Please note this includes appointments with physicians and surgeons, clinic staff, and classes.**

**If you need to rebook please call 403-955-8088.**



## Upcoming changes

Please be aware that in September our new client processes and classes begin. Any patients that are Orientating in September will follow our new processes and class schedules.

All patients currently involved with the program will continue their current path without change or disruption in care.

**If you have any questions or concerns please call us at 403-955-8088.**

## Official Classroom Location

We are excited to announce that effective September 11-2017 our class will be officially relocated to room # 1076 which is located in the Atrium on the main floor.

If you're struggling to find our new classroom please don't hesitate to speak with Admitting and they will point you in the right direction.

## Over-eaters Education Group



Emotional eating, binge eating or food addiction all mean turning to food for reasons other than hunger. This **4 week** group will provide education and support to help you manage over-eating so you can better manage your weight. The group will be led by Dr. Jo Telfer.

We have added one more additional class for September:

**Time:** Wednesday mornings from 9:30 to 11:30 a.m.

**Location:** **Weight Management Room #1076**

**Dates:** September 20<sup>th</sup> and 27<sup>th</sup> and October 4<sup>th</sup> and 11<sup>th</sup>

**Participants:** This group will be limited to participants willing to make a commitment to attend all 4 sessions. Occasional cancellations due to illness or unexpected events are accepted, however, **you MUST attend the first class September 20th.**

## Maintain the Change

Beginning in September our Maintain the Change class will be changing in the following way:

Our classes will now fluctuate every other month as separate classes known as:

**Bariatric Pre-Operative Support Group and the  
Bariatric Post-Operative Support Group**





The **post-operative support** group will be offered first on the following date:

**September 19<sup>th</sup>-2017 from 6:00 to 7:30 p.m.**

The **pre-operative support group** will be offered on:

**October 17<sup>th</sup>-2017 from 6:00 to 7:30 p.m.**

The group is facilitated by our clinic dietitians. Please review the following prerequisites for pre-operative patients:

Prerequisites:

- Received individual nutrition education from a Registered Dietitian in our clinic before
- Approved by a surgeon or have had bariatric surgery
- Attended the Surgery Preparation Class

Our final Maintain the Change Group will be offered on **August 15<sup>th</sup> from 6-7:30pm**. If interested please call **403-955-8088** to register.

## **Band Adjustment and Surgery Clinics**

August 4-2017- Dr. Church

August 11-2017- Dr. Gill

August 15-2017- Dr. Gill

August 18-2017- Dr. Mitchell

August 22-2017- Dr. Gill

August 25-2017- Dr. Church

August 29-2017- Dr. Reso





## Clinic Changes

Clinic dates and times may change due to unforeseen circumstances. We will try to provide you with as much notice as possible if this happens. We appreciate your understanding

## Classes

**Please note that this class will no longer be offered by itself as of September-2017. Please speak with your nurse about taking it online if you cannot make the date below.**

### **Bariatric Surgery Information:**

For patients interested in surgery options:

**August 16th-2017- 10:00 a.m. to 12:00 p.m.**

Call **403-955-8088** to register

Did you know that an online equivalent of the Bariatric Surgery Information class is available? You may choose to read and view surgery information online at

<http://www.calgarybariatric.ca/bariatric-surgery.html>

There is information and a video on each procedure. You will need to complete a worksheet (found on the website) and bring it to your next nursing appointment for review.

### **Surgery Preparation Class:**

This class is taught by a Registered Dietitian and a Registered Nurse and is meant for patients who have been approved for surgery.

**August 19<sup>th</sup>-2017- 9:00 a.m. to 11:00 a.m.**

**August 31<sup>st</sup>-2017- 1:00 p.m. to 3:00 p.m.**

Call **403-955-8088** to register

