

# Calgary Adult Bariatric Surgery Clinic Newsletter

August 2023



## Virtual Classes in August

Call (403) 955-8088 to register.

### Improve Your Relationship with Food

This four-week virtual class will provide education and support to help you improve your relationship with food so you can better manage your weight. This group will be limited to participants who have attended the intake appointment as well as Nutrition Basics class and willing to make a commitment to attend all four sessions

Session A: Oct 3, 10, 17, 24; 5:00 – 7:00pm

Session B: Oct 6, 13, 20, 27; 10:00am – 12:00pm

Session C: Oct 19, 26, Nov 2, 9; 1:00 – 3:00pm

### Maintain the Change

An online group workshop with a registered dietitian where you can discuss topics and questions you have related to bariatric surgery. This workshop is for patients who have attended the surgery preparation class and are waiting for a surgery date.

Date/Time: August 29; 1:00-3:00pm

### Managing Changes in Body Image

This group class offers a chance to discuss changes in body image. It will also provide ideas on how to maintain a positive body image while on your weight management journey. This class is intended for patients who have had bariatric surgery.

Date/Time: August 22; 10:00am – 12:00pm

### Bariatric Peer Support Group

Peer volunteers lead the Bariatric Support Group. The group meets monthly and is open to patients preparing for or who have had surgery. Feel free to join virtually for one or all meetings.

Date/Time: August 15; 6:00PM – 7:30PM

### Eating After Bariatric Surgery

Prepare for bariatric surgery with this interactive virtual class designed to provide you with hands-on experience cooking and tasting dishes that are like what you will eat in the first few weeks after surgery. Please note you will be provided with a grocery list, equipment list and the recipes ahead of time. You will need to buy the groceries and have your space set up and ready to go in time for the cook-along. You will need to prepare some ingredients ahead of time.

You may register if you have attended the Surgery Preparation class and are waiting for a surgery date.

Date/Time: September 22; 1:30-3:30pm

November 24; 1:30-3:30pm

## Announcements

We welcome back Yolanda Smith our Social Worker, it will take a bit of time to catch up on all the new computer programs but will be up of seeing patient starting end of August. We would like to welcome Gada Fares RN to our Bariatric family she is coming to us from Chronic Pain.

## Reminder

**The following appointments require you to attend in-person:**

- Initial appointments with a nurse, dietitian, and psychologist
- Initial assessments with physicians or surgeons
- Liquid diet teaching with a dietitian
- Post-operative appointments with a nurse and dietitian

Patients attending in-person are required to follow all COVID-19 protocols.

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### Challenging Weight Bias and Discrimination

People who have obesity often experience weight bias, stigma, and discrimination in almost all areas of their life including medical settings, the workplace, education, and interpersonal relationships. These stigmatizing experiences are hurtful and reduce overall quality of life. This class will provide education on weight bias, provide participants a chance to discuss their own experiences of weightism and offer suggestions on how to reduce weight bias in their own lives and the lives of others. Participants must have completed 'Improve Your Relationship with Food' class.

Date/Time: September 13; 9:00 -11:00am (class 1)

October 11; 9:00 – 11:00am (class 2)

### Reminder

**The following appointments require you to attend in-person:**

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- Initial assessments with physicians or surgeons
- Liquid diet teaching with a dietitian
- Post-operative appointments with a nurse and dietitian

Patients attending in-person are required to follow all COVID-19 protocols.

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