

Calgary Adult Bariatric Surgery Clinic Newsletter

July 2023



Virtual Classes in July

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: July 21, 28, Aug 4, 11; 9:00am-11:00am

Session B: July 17, 24, 31, Aug 14; 5:00pm – 7:00pm

Session C: July 18, 25, Aug 1, 8; 5:00pm – 7:00pm

Session D: July 26, Aug 2, 9, 16; 10:00am – 12:00pm

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: July 25; 10:00am – 12:00pm

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: July 18; 6:00PM – 7:30PM

To unsubscribe from this newsletter, click the 'unsubscribe' link in the email or call our clerks at 403-955-8088. Please do not reply to the email.

Announcements

We welcome Judith McNicol-Meakin who is a dietitian covering for the summer while Chris Lineker is covering in Diabetes over the summer.

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.

Please note, if you do not wish to receive this newsletter, you can click the "unsubscribe" button in the e-mail you received. Please do not "reply" to the e-mail. If you have questions about the newsletter, please contact the clerks at 403-955-8088