

Calgary Adult Bariatric Surgery Clinic Newsletter

June 2023



Virtual Classes in June

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 13,20,27; Aug 3; 1:00pm – 3:00pm
Session B: July 17, 24, 31, Aug 14; 5:00pm – 7:00pm
Session C: 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: June 27; 1:00pm – 3:00pm

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: June 16, July 14; 9:00am – 11:00am

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: June 28; 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: June 20; 6:00PM – 7:30PM

Announcements

Staffing updates:

We welcome Judith McNicol-Meakin who is a dietitian who will be covering Chris's schedule while he is on leave until September. We also welcome back Jodi Long who will be covering our dietitian Stacie Johnson for the next 18 months as she goes on maternity leave. We wish Stacie a healthy delivery and all those great baby cuddles.

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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