

Calgary Adult Bariatric Surgery Clinic Newsletter

MAY 2022



Virtual Classes in May

A link to the class will be emailed to you two weeks in advance before the class. If you do not receive the link, please call the clinic a few days before the class.

[Call \(403\) 955-8088 to register](tel:4039558088)

Improve Your Relationship with Food (optional class)

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
****Note, May sessions are full. Consider registering now for June sessions****

Session A: May 31, June 7, 21, 28; 5:00PM – 7:00PM

Session B: June 1, 8, 22, 29; 1:00PM – 3:00PM

Session C: June 2, 9, 23, 30; 10:00AM – 12:00PM

Managing Changes in Body Image (optional class)

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: July 8 from 1:00 – 3:00PM

[Register online](#)

Bariatric Peer Support Group (optional class)

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. To register, go to:

<https://app.booking.ca/ahlp Calgarypub/index.asp>. The class is called: CABSC Peer Support Group.

Date/Time: May 17; 6:00PM – 7:30PM

Due to professional college regulations, patients must be within the province of Alberta to attend phone or virtual appointments and classes. If you are out of province, please call (403) 955-8088 to reschedule your appointment.

Announcements

Welcome Back

Starting May 1st, the following appointments will be in-person:

- Initial appointments with a nurse, dietitian, and psychologist
- Liquid diet teaching with a dietitian
- Post-operative appointments with a nurse and dietitian

This change will only apply to appointments booked after May 1st.

Patients attending in person are required to follow all COVID-19 protocols. You will be screened for COVID-19 and required to wear a mask while on site.

Staffing Updates

Karla will be joining our team as a Registered Nurse Case Manager. Welcome Karla!

Book King

Please contact the clerks if you are experiencing difficulties when registering for the Peer Support Group through Book King.

Cooking Class Makes a Return!

Call (403) 955-8088 to register

Eating After Bariatric Surgery (Cook Along)

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. Get answers to common questions like:

- What is the difference between full fluids, soft solids, and regular solids?
- How can I eat enough protein and still enjoy other foods?
- How can I eat enough fiber to help prevent constipation?

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.

Prerequisite:

- Must be a patient of Calgary Adult Bariatric Surgery Clinic or a support person of a patient of Calgary Adult Bariatric Surgery Clinic
- Have attended the Surgery Preparation class
- Have not yet had bariatric surgery

Date/Time: June 14; 1:30pm - 3:00pm

