



Virtual Classes in November

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. Pre and post – surgery patients are welcome, and patients may also take the class more than once.

Session A: Nov 17, 24, Dec. 1, 8; 1:00pm – 3:00pm
Session B: Dec. 5, 12, 19, Jan 2; 5:00pm – 7:00pm

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: November 24; 1:30pm – 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: November 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: November 21; 6:00pm – 7:30pm

Announcements:

Reminder:

Please call the office once you have received your surgery date so that we can book you in for pre and post op appointments.

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

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.