

Calgary Adult Bariatric Specialty Clinic

Clinic & Class Schedule

December, 2017

Calgary Adult
Bariatric
Specialty Clinic

1820 Richmond
Road SW
Calgary, AB
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403-955-8088

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403-955-8634

Website:
[calgary
bariatric.ca](http://calgary.bariatric.ca)



Wishing you all a

Happy Holiday Season!!!

Please note our clinic is **closed** December 25th, 26th, 30th 2017 and
January 1st, 2018.

Appointment Information:

Have you ever wondered why you need to wait so long to see your bariatric health care team? Health care providers often book months in advance for our program due to the high number of patients in the clinic and the number of appointments that are not attended. Life gets busy and we understand. If you're unable to make an appointment, please call and leave a voicemail with the clinic 48 hours in advance so we may offer that appointment to another patient. Thank you in advance for your help with this.

Classes:

All classes are held in room #1076 on the main floor of Richmond Road Diagnostic & Treatment Centre. Please do not bring food and drinks to class; the only exception is water.

1. **Over-eaters Education Group**

Emotional eating, binge eating or food addiction all mean turning to food for reasons other than hunger. This **4 week** group class will provide education and support to help you manage over-eating so you can better manage your weight. The group will be led by Dr. Jo Telfer.

Our December class is FULL. To inquire about cancellations or to book into the January class, feel free to call us at: (403) 955-8088.

2. **Support Groups**

2.1 **Pre-operative Support Group**

Tuesday, December 19, 2017; 6:00 - 7:30 p.m.

This course is for individuals who have received individual nutrition education from one of the Registered Dieticians in our clinic and have yet to receive bariatric surgery.

2.2 **Post-operative Support Group**

Tuesday, January 16, 2018; 6:00 - 7:30 p.m.

This course is for individuals who have received bariatric surgery.

3. Surgery Preparation Class

(please speak to your nurse about registering for this class)

December 9, 2017 from 9:00 a.m. to 11:00 a.m.

December 21, 2017 from 1:00 p.m. to 3:00 p.m.

Clinics:

- **Band Adjustment and Surgery Clinics**

Please note that not all Surgeons perform band adjustments.

December 1, 2017 – Dr. Church

December 5, 2017 – Dr. Gill & Dr. Reso

December 8, 2017 – Dr. Debru

December 12, 2017 – Dr. Gill

December 15, 2017 – Dr. Mitchell

December 19, 2017 – Dr. Church

December 22, 2017 – Dr. Mitchell

- **Clinic Changes**

Clinic dates and times may change due to unforeseen circumstances. We will do our best to provide you with as much notice as possible if this happens. Your understanding is very much appreciated.

- **Are you awaiting your surgery date?**

After you see a surgeon you need to follow-up with a nurse or dietitian every two to three months. Maintaining regular contact is crucial to keep you on track until your surgery date. To book an appointment, please **call us at: (403) 955-8088.**

- **Post-Surgery**

You are required to attend post-surgery follow-up appointments for health and safety reasons. Our healthcare team takes your care seriously and a large part of that is ensuring you are healing properly.

Recycling Vitamin Containers:

Our registered dietitian team is looking for empty vitamin containers, such as: prenatal vitamins, vitamin D, calcium citrate and vitamin B12 to use in classes and individual appointments as examples. If you would like to recycle your empty vitamin containers, we would be happy to take them off your hands; simply bring them with you to your next dietitian appointment.

