



Calgary Adult Bariatric Specialty Clinic

Clinic & Class Schedule

January, 2018

Calgary Adult Bariatric Specialty Clinic

1820 Richmond Road SW
Calgary, AB
T2T 5C7

Clinic Phone:
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403-955-8634

Website:
calgarybariatric.ca

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 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.

Dates: January 26, February 2, February 16 and February 23

Time: 9:30 to 11:30 a.m.

Participants: This group will be limited to participants willing to make a commitment to attend all 4 sessions. Occasional cancellations due to illness or unexpected events are accepted, however, **you MUST attend the first class January 26th-2018.**

2. Support Groups

2.1 Pre-operative Support Group

Date: Tuesday, February 20, 2018

Time: 6:00 – 7:30 pm

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

2.2 Post-operative Support Group

Date: Tuesday, January 16, 2018

Time: 6:00 – 7:30 pm

Participants: This course is for individuals who have received bariatric surgery.

3. Surgery Preparation Class

Dates & Times:

Option 1 - January 10, 2018 from 9:00 a.m. to 11:00 a.m.

Option 2 - January 22, 2018 from 1:30 p.m. to 3:30 p.m.

Participants: Please speak to your nurse/case manager about registering for one of these classes.

Clinics:

- **Band Adjustment and Surgery Clinics**

Please note that not all Surgeons perform band adjustments.

January 4, 2018 – Dr. Gill

January 9, 2018 – Dr. Gill

January 12, 2018 – Dr. Mitchell

January 19, 2018 – Dr. Church

January 23, 2018 – Dr. Reso

January 25, 2018 – Dr. Gill

January 26, 2018 – Dr. Debru

January 30, 2018 – Dr. Gill

- **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 dietician every two to three months. Maintaining regular contact is crucial to keep you on track until your surgery date.

- **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.

Saying Goodbye:

One of our Registered Dietitians is leaving the Calgary Adult Bariatric Specialty Clinic. We wish Vincci Tsui all the best in the future and will miss her warm personality.

Subscription:

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