



Calgary Adult Bariatric Specialty Clinic and Class Schedule

July 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:
calgarybariatric.ca

Our classroom is on the move!

Effective September 11th-2017 we will be moving into our new classroom! This change is going to provide us more room so more patients can attend our classes at once.


Stay tuned for more information in the August update for the new location.

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 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 classes are currently full until November. Please call 403-955-8088 to see if there are any cancellations.

Maintain the Change



Beginning in September our Maintain the change class will be making some changes. This class will soon be offered as two separate classes; one for patients awaiting bariatric surgery and a second for those who are post-surgery patients. Stay tuned for the August update to see what dates these classes will be offered.

Our current Maintain the Change is a monthly education group for patients approved and waiting for bariatric surgery, and for post-surgery patients.

The group is facilitated by our clinic dietitians. The purpose is to discuss important topics and answer questions regarding bariatric surgery, and also review the important pre and post-surgery nutrition practices.

Prerequisites:

- Received individual nutrition education from a Registered Dietitian in our clinic before
- Approved by a surgeon or have had bariatric surgery
- Attended the Surgery Preparation Class

Maintain the Change Group is offered on **July 18th from 6-7:30pm**. If interested please call **403-955-8088** to register.

Body Image Class

Has your body image changed after bariatric surgery? Maybe you don't recognize yourself in the mirror. Perhaps you thought you would be ok with loose skin, but now you are not!

Are the comments and attention from others irritating or welcomed?

This 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 led by Dr. Jo Telfer and is intended for patients who have already had bariatric surgery.

Date: July 15th-2017 – 9:30-11:30 a.m. in room #1873

Please call **403-955-8088** to register.

Band Adjustment and Surgery Clinics

July 7th- Dr. Church

July 14th- Dr. Mitchell

July 18th- Dr. Reso

July 25th- Dr. Gill

July 28th- Dr. Debru

Clinic Changes

Clinic dates and times may change due to unforeseen circumstances. We will try to provide you with as much notice as possible if this happens. We appreciate your understanding.

Classes

Bariatric Surgery Information:

For patients interested in surgery options:

July 6th-2017- 1:30 p.m. to 3:30 p.m.

July 20th-2017 – 1:30 p.m. to 3:30 p.m.

Call **403-955-8088** to register

Did you know that an online equivalent of the Bariatric Surgery Information class is available? You may choose to read and view surgery information online at

<http://www.calgarybariatric.ca/bariatric-surgery.html>

There is information and a video on each procedure. You will need to complete a worksheet (found on the website) and bring it to your next nursing appointment for review.

Surgery Preparation Class:

This class is taught by a Registered Dietitian and a Registered Nurse and is meant for patients who have been approved for surgery.

July 8th-2017 – 9:00-11:00 a.m.

July 17th-2017 – 1:00 p.m. to 3:00 p.m.

