

Calgary Adult Bariatric Specialty Clinic and Class Schedule

June 2017

Calgary Adult Bariatric Specialty Clinic

1820 Richmond
Road SW
Calgary, AB
T2T 5C7

Clinic Phone:
403-955-8088

Fax:
403-955-8634

Website:
calgarybariatric.ca

Caution with Online Social Media

Information on the internet is not always reliable. Exercise caution and remember that everyone will experience their own individual journey. If you find yourself with any questions don't hesitate to call **403-955-8088** to connect with your team.

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 June and July classes are currently FULL.

Please feel free to call in to see if there are any cancellations.

This group is **not** designed to be taken more than once; please no repeat participants.

Registration: Please call **403-955-8088**

Maintain the Change

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 **June 20-2017 from 6-7:30pm**. If interested please call **403-955-8088** to register.

Bariatric Support Garments

Bariatric Support Garments are specially fitted and custom made for you to wear under your regular clothes.

There will be fitting sessions held monthly at our offices.

The next fitting session is on June 8th-2017

Please contact Katelyn by email at bsgc@ualberta.ca or call **780-492-9020** to schedule a private fitting

Band Adjustment and Surgery Clinics

Dr. Reso- June 6-2017
Dr. Gill- June 13-2017
Dr. Debru- June 16-2017
Dr. Reso- June 20-2017
Dr. Church- June 23-2017
Dr. Gill- June 27-2017



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.

We would like to say good bye to Christy, our nurse coordinator, and thank you for all you have contributed to the program over the years. We wish you well in your future endeavors.

Classes

Bariatric Surgery Information:

For patients interested in surgery options:

June 14-2017- 9:00-11:00 a.m.

June 28-2017 – 9:00-11:00 a.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.

June 9-2017 – 9:00-11:00 a.m.

June 24-2017 – 9:00-11:00 a.m.

