

May 2022: Class Schedule:

Passcode for all Zoom Classes & Support Groups : 12345

Via Zoom—Meeting ID is listed by each class

Please log on 5 minutes before the start of the class.

Class handouts may be obtained prior to the class:

For the safety of our patients we ask that no one is in a moving vehicle during the class

<https://www.deaconess.com/Services/Weight-loss/Patient-Portal>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 5:00 pm Optifast Pre-surgery Meal Replacement Plan Meeting ID: 835 6613 5080	4	5	6 12:30 pm Change Your Eating Style Meeting ID: 850 0427 4936	7
8	9	10 5:00 pm Managing Food Cues Meeting ID: 862 6290 2136	11 12:00 pm Support Group Michael H. LCSW Meeting ID: 861 5114 8735	12	13 12:30 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 815 2954 3280	14
15	16	17 5:00 pm Eating Out Meeting ID: 872 2091 7467	18	19	20 12:30 pm Meal Planning Meeting ID: 836 9802 4657	21
22	23	24 5:00 pm Power of Protein after Surgery Meeting ID: 863 3904 6598	25	26	27 8:00 am Support Group-Michael H. LCSW Meeting ID: 840 3392 5964 12:30 pm Managing Food Cues Meeting ID: 836 1121 7803	28
29	30	31 5:00 pm Reading a Food Label Meeting ID: 853 3907 8097				

June 2022: Class Schedule

Passcode for all Zoom Classes & Support Groups : 12345

Via Zoom—Meeting ID is listed by each class

Please log on 5 minutes before the start of the class.

**Class handouts may be obtained prior to the class:
<https://www.deaconess.com/Services/Weight-loss/Patient-Portal>**

For the safety of our patients we ask that no one is in a moving vehicle during the class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 12:30 pm Managing Food Cues Meeting ID: 817 0290 3287	4
5	6	7 5 pm Vitamin Mineral Supplementation after Surgery Meeting ID: 846 4125 2923	8 12:00 pm Support Group Michael H. LCSW Meeting ID: 861 5114 8735	9	10 12:30 pm Optifast Pre-surgery Meal Replacement Plan Meeting ID: 898 5344 6252	11
12	13	14 5 pm Reading a Food Label Meeting ID: 869 9036 8220	15	16	17 12:30 pm Power of Protein for After Surgery Meeting ID: 829 6112 1468	18
19	20	21 5 pm Power of Protein for Healthy Eating Meeting ID: 884 8774 4861	22	23	24 8:00 am Support Group-Michael H. LCSW Meeting ID: 840 3392 5964 12:30 pm Carbs and Weight Loss Meeting ID: 869 1147 5556	25
26	27	28 5 pm Modifying a recipe Meeting ID: 810 9535 2408	29	30		