February Class Calendar 2025

+ The Meeting ID for Zoom is listed by the class below
+ The class handouts may be downloaded prior to the start of the class
  at https://www.deaconess.com/Services/Weight-loss/Patient-Portal
+ Log into zoom 5 minutes prior to the beginning of the class time
+ PASSCODE for all ZOOM CLASSES: 12345

Class Guidelines

+ For the safety of our patients, we ask that no one is in a moving vehicle during class
+ Patients are to leave on their video for the entire class time.
+ Patients are to dress appropriately for classes.
+ Patients are to have their name as a part of their sign-in for zoom
+ The post-test is to be completed for each zoom module and submitted back to WLS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 5:00 PM Managing Food Cues MEETING ID: 862 2300 3111	5 12:00 PM Eating on the Run MEETING ID: 874 1476 5136	6	7	8
9	10	11 5:00 PM Reading A Food Label MEETING ID: 832 4734 8448	12 12:00 PM Optifast Pre-surgery Meal Plan MEETING ID: 825 2268 4486	13	14	15
16	17	18 5:00 PM Change Your Eating Styles MEETING ID: 867 8742 7873	19 12:00 PM Power of Protein after Surgery MEETING ID: 875 8004 8003	20	21	22
23	24	25 5:00 PM Vitamins and Mineral after Surgery MEETING ID: 894 3793 0488	26 12:00 PM Modifying a Recipe MEETING ID: 838 0906 6072	27	28	

March Class Calendar 2025

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 5:00 PM Reading A Food Label MEETING ID: 895 6504 1862	5 12:00 PM Change Your Eating Styles MEETING ID: 810 7021 8325	6	7	8
9	10	11 5:00 PM Opti-fast Presurgery Meal Replacement Plan MEETING ID: 882 9076 0085	12 12:00 PM Carbohydrates and Weight Loss MEETING ID: 828 2005 1087	13	14	15
16	17	18 5:00 PM Eating Healthy on the Run MEETING ID: 826 4066 0354	19 12:00 PM Meal Planning MEETING ID: 851 8623 5531	20	21	22
23	24	25 5:00 PM Managing Food Cues MEETING ID: 845 4556 9493	26 12:00 PM Eating Out MEETING ID: 828 5987 1032	27	28	29
30	31					