

DECEMBER 2024: CLASS SCHEDULE

- One will find the Meeting ID number by the class.
- One may download the handouts for the zoom classes prior to the beginning of the class at:
<https://www.deaconess.com/Services/Weight-loss/Patient-Portal>
- Log into zoom 5 minutes before the beginning of class time.
- Submit the post test for the zoom class through my-chart.

***Passcode for all zoom classes is 12345.

CLASS GUIDELINES

- For the safety of our patients, we ask that no one is in a moving vehicle during the class.
- We ask that all patients have the video on during the entire class time.
- Please dress appropriately for classes.
- You must have your name as a part of the sign in.
- Please complete post-test and return in my-chart.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 5 pm Change Your Eating Style Meeting ID: 874 4525 6514	4 12:00 pm Eating Out Meeting ID 864 1126 0120	5	6	7
8	9	10 5 pm Managing Food Cues Meeting ID: 868 3370 0737	11 12:00 pm Protein for Healthy Eating Meeting ID: 814 8272 2516	12	13	14
15	16	17 5 pm Reading a Food Label Meeting ID:897 8859 0931	18 12:00 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 851 8780 6505	19	20	21
22	23	24 "No class"	25 "No class"	26	27	28
29	30	31 "No class"				

January Class Calendar 2025

Class Guidelines

- + 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

- + 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 HAPPY NEW YEAR!!!	2	3	4
5	6	7 5:00 PM Change your Eating Style <u>MEETING ID:</u> 869 2190 1092	ID8 12:00 PM Power of Protein for Healthy Eating <u>MEETING ID:</u> 845 1191 8811	9	10	11
12	13	14 5:00 PM Manage Food Cues <u>MEETING ID:</u> 837 1401 3102	15 12:00 PM Vitamin & Mineral Supplementation after Surgery <u>MEETING ID:</u> 837 5231 3109	16	17	18
19	20	21 5:00 PM Reading a Food Label <u>MEETING ID:</u> 837 6579 3093	22 12:00 PM Eating Out <u>MEETING ID:</u> 842 5850 4534	23	24	25
26	27	28 5:00 PM Whole Grains <u>MEETING ID:</u> 860 6968 4666	29 12:00 PM Optifast Pre-surgery Meal Replacement Plan <u>MEETING ID:</u> 811 5479 3969	30	31	