

September 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 5:00 PM Whole Grains <u>MEETING ID:</u> 841 4256 0443	3 12:00 PM Manging Food Cues <u>MEETING ID:</u> 812 0927 2460	4	5	6
7	8	9 5:00 PM Eating Out <u>MEETING ID:</u> 879 3587 0818	10 12:00 PM Power of Protein for Healthy Eating <u>MEETING ID:</u> 851 9703 9530	11	12	13
14	15	16 5:00 PM Power of Protein after Surgery <u>MEETING ID:</u> 852 9059 3687	17 12:00 PM Eating Out <u>MEETING ID:</u> 815 7644 7249	18	19	20
21	22	23 5:00 PM Reading a Food Label <u>MEETING ID:</u> 882 5164 1814	24 12:00 PM Change Your Eating Style <u>MEETING ID:</u> 849 8290 5954	25	26	27
28	29	30 5:00 PM Modifying a Recipe <u>MEETING ID:</u> 823 9076 4223				

October 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 12:00 pm Managing Food Cues MEETING ID: 879 4275 9317	2	3	4
5	6	7 5:00 PM Eating Healthy on the Run MEETING ID: 850 9016 6738	8 12:00 PM Power of Protein after Surgery MEETING ID: 895 8653 4223	9	10	11
12	13	14 5:00 PM Carbohydrates and Weight Loss MEETING ID: 854 9254 8479	15 12:00 PM Power of Protein for Healthy Eating MEETING ID: 840 8057 3504	16	17	18
19	20	21 5:00 PM Reading a Food Label MEETING ID: 843 6500 7122	22 12:00 PM Change Your Eating Style MEETING ID: 848 6515 1702	23	24	25
26	27	28 5:00 PM Meal Planning MEETING ID: 892 6018 3736	29 12:00 PM Vitamin/Mineral Supplementation after Surgery MEETING ID: 826 4628 3403	30	31	

More Calendars: [Nov 2025](#), [Dec 2025](#), [2025](#)