

## SEPTEMBER 2024: CLASS SCHEDULE

## CLASS GUIDELINES

- 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.
- 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.

\*\*\*Passcode for all zoom classes is 12345.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 5:00 pm Opti-fast Pre-surgery Meal Plan Meeting ID: 856 1128 9846	4 12:00 pm Managing Food Cues Meeting ID: 810 6178 6706	5	6	7
8	9	10 5:00 pm Eating Out Meeting ID: 898 9527 6085	11 12:00 pm Power of Protein for Healthy Eating Meeting ID: 892 0856 4785	12	13	14
15	16	17 5:00 pm Power of Protein after Surgery Meeting ID: 859 6940 3530	18 12:00 pm Modifying a Recipe Meeting ID: 854 8989 2601	19	20	21
22	23	24 5:00 pm Reading a Food Label Meeting ID: 824 7359 4677	25 12:00 pm Change Your Eating Style Meeting ID: 899 9520 6101	26	27	28
29	30					

## October 2024: CLASS SCHEDULE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5 pm Eating Healthy on the Run Meeting ID: 878 7957 2213	2 12:00 pm Power of Protein after Surgery Meeting ID: 865 8619 3820	3	4	5
6	7	8 5 pm Carbohydrates and Weight Loss Meeting ID: 848 7621 2293	9 12:00 pm Power of Protein for Healthy Eating Meeting ID: 856 3571 5119	10	11	12
13	14	15 5 pm Reading a Food Label Meeting ID: 834 2941 7156	16 12:00 pm Change your Eating Style Meeting ID: 816 7573 5103	17	18	19
20	21	22 5 pm Change Your Eating Style Meeting ID: 898 1643 9515	23 12:00 pm Eating Out Meeting ID: 851 7011 0837	24	25	26
27	28	29 5 pm Meal Planning Meeting ID: 844 1517 7286	30 12:00 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 845 9057 4325	31		