

**March 2021: Class Schedule:  
Via Zoom—Meeting ID is listed by each class**

**Password for all Zoom Classes & Support Groups:  
12345**

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

Please log on 5 minutes before the class begins.

**User name: nutrition      Password: weightlo\$\$**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		1 pm Reading a Food label Meeting ID: 874 6923 4315 5 pm Eating Healthy on the Run Meeting ID 850 1106 9119	8 am Change Your Eating Style Meeting ID: 896 8380 3723			
7	8	9	10	11	12	13
		1 pm Optifast Pre-surgery Meal Replacement Plan Meeting ID: 829 1859 1119 5 pm Managing Food Cues Meeting ID: 841 7701 9399	8 am Vitamins and minerals after Surgery Meeting ID: 818 1749 7617			
14	15	16	17	18	19	20
		1 pm Meal Planning Meeting ID: 821 0941 0648 5 pm Change Your Eating Styles Meeting ID: 831 9855 5601 6 pm Support Group/Exercise Meeting ID: 838 5659 7659	No Class			
21	22	23	24	25	26	27
		1 pm HELP Support Group Meeting ID: 841 0174 2161 5 pm Modifying a Recipe Meeting ID: 826 4517 1618	8 am Learn to Read a Food Label Meeting ID: 822 3215 7653 12 pm Support Group/Exercise Meeting ID: 817 4752 8944			
28	29	30	31			
		1 pm Vitamin and Mineral after Surgery Meeting ID: 861 1822 2757 5 pm Power of Protein after Surgery Meeting ID: 881 5168 6102	8 am Whole Grains Meeting ID: 858 8325 9700			

**April 2021: Class Schedule:**  
**Via Zoom—Meeting ID is listed by each class**

**Password for all Zoom Classes & Support Groups:**  
**12345**

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

Please log on 5 minutes before the class begins.

**User name:** nutrition      **Password:** weightlo\$\$

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 1 pm Managing Food Cues Meeting ID: 897 3640 5650 5 pm Optifast Pre-surgery Meal Replacement Plan Meeting ID: 845 0043 3880	7 8 am Change Your Eating Style Meeting ID: 851 7169 4400	8	9	10
11	12	13 1 pm Power of Protein after Surgery Meeting ID: 820 0421 4298 5 pm Vitamins & Minerals after Surgery Meeting ID: 854 3408 4879 6 pm Support Group/Dietitian Meeting ID: 899 4044 2645	14 8 am Managing Food Cues Meeting ID: 892 4703 3619	15	16	17
18	19	20 1 pm Reading a Food Label Meeting ID: 841 5158 1743 5 pm Eating Out Meeting ID: 824 7648 5147	21 8 am No class  12 pm Support Group Meeting/Dietitian Meeting ID: 898 9542 4509	22	23	24
25	26	27 1 pm HELP Support Group Meeting ID: 840 6440 3670 5 pm Eating Healthy on the Run Meeting ID: 857 3466 5417	28 8 am Power of Protein for Healthy Eating Meeting ID: 820 5270 6738	29	30	