

May 2024: CLASS SCHEDULE

CLASS GUIDELINES

- One will find the zoom 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.

- 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 12:00 pm Change Your Eating Style Meeting ID: 860 2563 5852	2	3	4
5	6	7 5 pm Opti-fast Meal Replacement Plan Meeting ID: 837 5463 1788	8 12:00 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 841 2915 3187	9	10	11
12	13	14 5 pm Managing Food Cues Meeting ID: 867 9084 8560	15 12:00 pm Meal Planning Meeting ID: 870 7099 0172	16	17	18
19	20	21 5 pm Eating Out Meeting ID: 891 0067 2685	22 12:00 pm Managing Food Cues Meeting ID: 838 1520 8895	23	24	25
26	27	28 5 pm Reading a Food Label Meeting ID: 810 0864 1915	29 12:00 pm Power of Protein for Healthy Eating Meeting ID: 824 6657 1859	30	31	

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Sunday	Monday	Tuesday	Wednesday	Thurs day	Friday	Saturday
						1
2	3	4 5 pm Change Your Eating Style Meeting ID: 886 8393 4946	5 12:00 pm Power of Protein after Surgery Meeting ID: 836 6411 4530	6	7	8
9	10	11 5 pm Power of Protein for Healthy Eating Meeting ID: 871 2034 7253	12 12:00 pm Opti-fast Pre-surgery Meal Replacement Plan Meeting ID: 865 0773 2553	13	14	15
16	17	18 5 pm Reading a Food Label Meeting ID: 880 9597 3994	19 12:00 pm Whole Grains Meeting ID: 819 8304 0368	20	21	22
23 — 30	24	25 5 pm Carbs and Weight Loss Meeting ID: 818 2507 8171	26 12:00 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 849 7147 2402	27	28	29