

## April 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.
- Have your name as a part of the sign in.
- Complete post-test and return in my-chart.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		5 pm Change Your Eating Style Meeting ID: 893 1662 4921	12:00 pm Power of Protein after Surgery Meeting ID: 836 7053 7312			
7	8	9	10	11	12	13
		5 pm Power of Protein for Healthy Eating Meeting ID: 897 4518 6941	12:00 pm Opti-fast Pre-surgery Meal Replacement Plan Meeting ID: 849 3453 4195			
14	15	16	17	18	19	20
		5 pm Reading a Food Label Meeting ID: 822 0845 8724	12:00 pm Managing Food Cues Meeting ID: 854 8382 2730			
21	22	23	24	25	26	27
		5 pm Carbs and Weight Loss Meeting ID: 868 0665 8052	12:00 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 860 9725 7794			
28	29	30				
		5 pm Eating Out Meeting ID: 831 8662 6157				

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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	