

September 2019: Weight Loss Solutions

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 1:00 pm Learn to Read A Food Label 5:00 pm Eating Out	4 8:00 am Optifast Pre-Surgery Meal Replacement Plan	5	6	7
8	9	10 1:00 pm Vitamin/Minerals After Surgery 5:00 pm Change Your Eating Style	11 8:00 am Whole Grains	12	13	14
15	16	17 1:00 pm Manage Food Cues 5:00 pm Eating Healthy on the Run	18 NO CLASS	19	20	21
22	23	24 1:00 pm Power of Protein after Surgery 5:00 pm Learn to Read A Food Label	25 8:00 am Vitamin/Minerals After Surgery	26	27	28
27	28	29 1:00 pm Carbohydrates & Weight Loss 5:00 pm Optifast Pre-surgery Meal Replacement Plan	30 8:00 am Change Your Eating Style	31		Support Groups: September 10, 2019 @ 6 pm Exercise Specialist September 11, 2019 @ 12 pm Exercise Specialist

October 2019: Weight Loss Solutions

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1:00 pm Vitamin/Minerals After Surgery 5:00 pm Managing Food Cues	2 8:00 am Carbohydrates & Weight Loss	3	4	5
6	7	8 1:00 pm Whole Grains 5:00 pm Learn to Read A Food Label	9 8:00 am Managing Food Cues	10	11	12
13	14	15 1:00 pm Change Your Eating Styles 5:00 pm Power of Protein After Surgery	16 NO CLASS	17	18	19
20	21	22 1:00 pm Eating Out 5:00 pm Optifast Pre-Surgery Meal Replacement Plan	23 8:00 am Vitamin/Minerals After Surgery	24	25	26
27	28	29 1:00 pm Carbohydrates and Weight Loss 5:00 pm Modifying Recipes	30 8:00 am Eating on the Run	31		Support Groups: October 15, 2019 @ 6 pm Dietitian October 16, 2019 @ 12 pm Dietitian