

June Class Calendar 2025

Class Guidelines

- +The Meeting ID for Zoom is listed by the class below
- + The class handouts may be downloaded prior to the start of the class at <https://www.deaconess.com/Services/Weight-loss/Patient-Portal>
- + Log into zoom 5 minutes prior to the beginning of the class time
- + PASSCODE for all ZOOM CLASSES: 12345

- + For the safety of our patients, we ask that no one is in a moving vehicle during class
- + Patients are to leave on their video for the entire class time.
- + Patients are to dress appropriately for classes.
- + Patients are to have their name as a part of their sign-in for zoom
- + The post-test is to be completed for each zoom module and submitted back to WLS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 5:00 PM Change Your Eating Style <u>MEETING ID:</u> 841 3238 3716	4 12:00 PM Power of Protein after Surgery <u>MEETING ID:</u> 832 2529 5400	5	6	7
8	9	10 5:00 PM Power of Protein for Healthy Eating <u>MEETING ID:</u> 815 8900 1826	11 12:00 PM Optifast Pre-surgery Meal Replacement Plan <u>MEETING ID:</u> 816 0287 5735	12	13	14
15	16	17 5:00 PM Reading a Food Label <u>MEETING ID:</u> 811 9706 6048	18 12:00 PM Whole Grains <u>MEETING ID:</u> 814 5858 0694	19	20	21
22	23	24 5:00 PM Carbs and Weight Loss <u>MEETING ID:</u> 860 0247 2513	25 12:00 PM Vitamin/Mineral Supplementation after Surgery <u>MEETING ID:</u> 856 6408 0486	26	27	28
29	30					

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 5:00 PM Eating Healthy on the Run <u>MEETING ID:</u> 838 6723 7833	2 12:00 PM Reading a Food Label <u>MEETING ID:</u> 864 3903 6700	3	4	5
6	7	8 5:00 PM Change your Eating Style <u>MEETING ID:</u> 878 3853 3096	9 12:00 PM Meal Planning <u>MEETING ID:</u> 858 0165 9308	10	11	12
13	14	15 5:00 PM Managing Food Cues <u>MEETING ID:</u> 869 5722 7396	16 12:00 PM Vitamin/Mineral Supplementation after Surgery <u>MEETING ID:</u> 854 5552 3889	17	18	19
20	21	22 5:00 PM Pre-surgery Meal Replacement Plan <u>MEETING ID:</u> 824 5258 4501	23 12:00 PM Whole Grains <u>MEETING ID:</u> 880 4084 4807	24	25	26
27	28	29 5:00 PM Carbs and Weight Loss <u>MEETING ID:</u> 881 9470 3251	30 12:00 PM Eating Out <u>MEETING ID:</u> 831 9983 7498	31		