

## May Class Calendar 2025

- +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

## Class Guidelines

- + 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

May 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 5:00 PM Optifast Pre-surger Meal Replacement Plan <u>MEETING ID:</u> 821 7605 3632	7 12:00 PM Change Your Eating Style <u>MEETING ID:</u> 862 0892 7127	8	9	10
11	12	13 5:00 PM Managing Food Cues <u>MEETING ID:</u> 884 0145 5474	14 12:00 PM Vitamin/Mineral Supplementation after Surgery <u>MEETING ID:</u> 876 2213 8230	15	16	17
18	19	20 5:00 PM Power of Protein after Surgery <u>MEETING ID:</u> 867 0094 0266	21 12:00 PM Meal Planning <u>MEETING ID:</u> 835 9756 5519	22	23	24
25	26	27 5:00 PM Reading A Food Label <u>MEETING ID:</u> 889 0393 1612	28 12:00 PM Power of Protein for Healthy EAting <u>MEETING ID:</u> 885 9920 1677	29	30	31

## June Class Calendar 2025

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