

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

## August Class Calendar 2025

## Class Guidelines

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- + Log into zoom 5 minutes prior to the beginning of the class time
- + PASSCODE for all ZOOM CLASSES: 12345

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 5:00 PM Reading a Food Label <u>MEETING ID:</u> 846 9090 0721	6 12:00 PM Eating on the Run <u>MEETING ID:</u> 847 0365 7332	7	8	9
10	11	12 5:00 PM Change Your Eating Style <u>MEETING ID:</u> 829 9769 2297	13 12:00 PM Carbs and Weight Loss <u>MEETING ID:</u> 833 6382 7568	14	15	16
17	18	19 5:00 PM Vitamin/Mineral Supplementation after Surgery <u>MEETING ID:</u> 829 6520 9345	20 12:00 PM Eating Out <u>MEETING ID:</u> 817 4696 9624	21	22	23
24	25	26 5:00 PM Managing Food Cues <u>MEETING ID:</u> 892 9275 4155	27 12:00 PM Power of Protein after Surgery <u>MEETING ID:</u> 885 4313 4831	28	29	30
31						