

July 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.
- You must have your name as a part of the sign in.
- Please complete post-test and return in my-chart.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 5 pm Eating Healthy on the Run Meeting ID: 827 4390 1410	3 No class	4 Happy 4 th of July	5	6
7	8	9 5 pm Change Your Eating Style Meeting ID: 867 2587 0113	10 12:00 pm Reading a Food Label Meeting ID: 890 3141 5576	11	12	13
14	15	16 5 pm Managing Food Cues Meeting ID: 854 4699 4075	17 12:00 pm Meal Planning Meeting ID: 841 6381 1281	18	19	20
21	22	23 5 pm Opti-fast Pre-surgery Meal Replacement Plan Meeting ID: 886 8018 4681	24 12:00 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 864 5073 4809	25	26	27
28	29	30 5 pm Carbs & Weight Loss Meeting ID: 885 1285 1265	31 12:00 Whole Grains Meeting ID: 879 0480 9334			

AUGUST 2024: CLASS SCHEDULE

CLASS GUIDELINES

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 5 pm Reading a Food Label Meeting ID: 829 8311 9443	7 12:00 pm Opti-fast Pre-surgery Meal Plan Meeting ID: 815 4820 8142	8	9	10
11	12	13 5 pm Change Your Eating Style Meeting ID: 834 3177 1980	14 12:00 pm Carbohydrates & Weight Loss Meeting ID: 815 3773 2907	15	16	17
18	19	20 5 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 819 5413 5885	21 12:00 pm Eating Out Meeting ID: 848 3928 2523	22	23	24
25	26	27 5 pm Managing Food Cues Meeting ID: 817 5199 0304	28 12:00 pm Power of Protein after Surgery Meeting ID: 818 5499 9895	29	30	31