

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

November 2019: Weight Loss Solutions

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 1:00 pm Reading a Food Label 5:00 pm Change Your Eating Styles	6 8:00 am Holiday Eating	7	8	9
10	11	12 1:00 pm Optifast Pre-surgery Meal Replacement Plan 5:00 pm Holiday Eating	13 8:00 am Power of Protein After Surgery	14	15	16
17	18	19 1:00 pm Managing Food Cues 5:00 pm Eating Out	20 NO CLASS	21	22	23
24	25	26 1:00 pm Power of Protein After Surgery 5:00 pm NO CLASS	27 8:00 am Optifast Pre-Surgery Meal Replacement	28	29	30 Support Groups: November 12, 2019 @ 6 pm-Exercise Specialist November 13, 2019 @ 12 pm/Exercise Specialist

