

NOVEMBER 2024: CLASS SCHEDULE

- One will find the 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.

CLASS GUIDELINES

- 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
3	4	5 5 pm Vitamin/mineral Supplementation after Surgery Meeting ID: 850 9034 1086	6 12:00 pm Holiday Cooking/Modifying a Recipe Meeting ID: 818 0003 9873	7	8	9
10	11	12 5 pm Power of protein after Surgery Meeting ID: 871 6145 1571	13 12:00 pm Managing Food Cues Meeting ID: 810 2298 8493	14	15	16
17	18	19 5 pm Opti-fast Pre-surgery Meal Plan Meeting ID: 841 5910 2649	20 12:00 pm Change Your Eating Style Meeting ID: 836 9848 4374	21	22	23
24	25	26 "No class"	27 No class	28 Office Closed	29	30

DECEMBER 2024: CLASS SCHEDULE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 5 pm Change Your Eating Style Meeting ID: 874 4525 6514	4 12:00 pm Eating Out Meeting ID 864 1126 0120	5	6	7
8	9	10 5 pm Managing Food Cues Meeting ID: 868 3370 0737	11 12:00 pm Protein for Healthy Eating Meeting ID: 814 8272 2516	12	13	14
15	16	17 5 pm Reading a Food Label Meeting ID:897 8859 0931	18 12:00 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 851 8780 6505	19	20	21
22	23	24 "No class"	25 "No class"	26	27	28
29	30	31 "No class"				