

## MARCH 2024: CLASS SCHEDULE

## CLASS GUIDELINES

- 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.

- 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 Reading a Food Label Meeting ID: 821 6677 3039	6 12:00 pm Change Your Eating Styles Meeting ID: 838 7143 2043	7	8	9
10	11	12 5 pm Opti-fast Pre-surgery Meal Replacement Plan Meeting ID: 865 0786 2636	13 12:00 pm Carbohydrates and Weight Loss Meeting ID: 825 6409 3204	14	15	16
17	18	19 5 pm Eating Healthy on the Run Meeting ID: 854 7935 9540	20 12:00 pm Meal Planning Meeting ID: 812 0775 4895	21	22	23
24 — 31	25	26 5 pm Managing Food Cues Meeting ID: 851 6803 0360	27 12:00 pm Eating Out Meeting ID: 812 8203 6886	28	29	30

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 5 pm Change Your Eating Style Meeting ID: 893 1662 4921	3 12:00 pm Power of Protein after Surgery Meeting ID: 836 7053 7312	4	5	6
7	8	9 5 pm Power of Protein for Healthy Eating Meeting ID: 897 4518 6941	10 12:00 pm Opti-fast Pre-surgery Meal Replacement Plan Meeting ID: 849 3453 4195	11	12	13
14	15	16 5 pm Reading a Food Label Meeting ID: 822 0845 8724	17 12:00 pm Managing Food Cues Meeting ID: 854 8382 2730	18	19	20
21	22	23 5 pm Carbs and Weight Loss Meeting ID: 868 0665 8052	24 12:00 pm Vitamin/Mineral Supplementation after Surgery Meeting ID: 860 9725 7794	25	26	27
28	29	30 5 pm Eating Out Meeting ID: 831 8662 6157				