

October 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
			1 12:00 pm Managing Food Cues <u>MEETING ID:</u> 879 4275 9317	2	3	4
5	6	7 5:00 PM Eating Healthy on the Run <u>MEETING ID:</u> 850 9016 6738	8 12:00 PM Power of Protein after Surgery <u>MEETING ID:</u> 895 8653 4223	9	10	11
12	13	14 5:00 PM Carbohydrates and Weight Loss <u>MEETING ID:</u> 854 9254 8479	15 12:00 PM Power of Protein for Healthy Eating <u>MEETING ID:</u> 840 8057 3504	16	17	18
19	20	21 5:00 PM Reading a Food Label <u>MEETING ID:</u> 843 6500 7122	22 12:00 PM Change Your Eating Style <u>MEETING ID:</u> 848 6515 1702	23	24	25
26	27	28 5:00 PM Meal Planning <u>MEETING ID:</u> 892 6018 3736	29 12:00 PM Vitamin/Mineral Supplementation after Surgery <u>MEETING ID:</u> 826 4628 3403	30	31	

November 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
						1
2	3	4 5:00 PM Vitamin/Mineral Supplementation After Surgery <u>MEETING ID:</u> 818 4150 3048	5 12:00 PM Holiday Cooking/Modifying a Recipe <u>MEETING ID:</u> 830 8494 6819	6	7	8
9	10	11 5:00 PM Power of Protein after Surgery <u>MEETING ID:</u> 821 0609 3284	12 12:00 PM Manging Food Cues <u>MEETING ID:</u> 839 2374 1569	13	14	15
16	17	18 5:00 PM Reading a Food Label <u>MEETING ID:</u> 823 1127 2238	19 12:00 PM Change Your Eating Style <u>MEETING ID:</u> 875 2300 9448	20	21	22
23	24	25 No class	26 No class	27 Office is closed	28	29
30						

December 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
	1	2 5:00 PM Change your Eating Style <u>MEETING ID:</u> 828 0730 8189	3 12:00 PM Eating Out <u>MEETING ID:</u> 860 3431 7911	4	5	6
7	8	9 5:00 PM Manging Food Cues <u>MEETING ID:</u> 843 7161 4296	10 12:00 PM Power of Protein for Healthy Eating <u>MEETING ID:</u> 822 8882 2387	11	12	13
14	15	16 5:00 PM Reading A Food Label <u>MEETING ID:</u> 870 9755 2536	17 12:00 PM Vitamin/Mineral Supplementation after Surgery <u>MEETING ID:</u> 836 2067 8368	18	19	20
21	22	23 No class	24 No class	25	26	27
28	29	30 No class	31 No class			