**2017**

**Bariatric Nutrition Group Class Calendar**

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| --- | --- | --- | --- | --- | --- |
| Jan 3rd | 2:45-4pm | May 2nd | 2:45-4pm | Sept 5th | 2:45-4pm |
| Jan 12th | 8:45-10am | May 11th | 8:45-10am | Sept 14th | 8:45-10am |
| Jan 17th | 11:45-1pm | May 16th | 11:45-1pm | Sept 19th | 11:45-1pm |
| Jan 26th | 2:45-4pm | May 25th | 2:45-4pm | Sept 28th | 2:45-4pm |
| Feb 7th | 2:45-4pm | June 6th | 2:45-4pm | Oct 3rd | 2:45-4pm |
| Feb 16th | 8:45-10am | June 15th | 8:45-10am | Oct 12th | 8:45-10am |
| Feb 21st | 11:45-1pm | June 20th | 11:45-1pm | Oct 17th | 11:45-1pm |
| Feb 28th | 2:45-4pm | June 29th | 2:45-4pm | Oct 26th | 2:45-4pm |
| March 7th | 2:45-4pm | July 6th | 2:45-4pm | Nov 7th | 2:45-4pm |
| March 16th | 8:45-10am | July 13th | 8:45-10am | Nov 16th | 8:45-10am |
| March 21st | 11:45-1pm | July 18th | 11:45-1pm | Nov 21st | 11:45-1pm |
| March 30th | 2:45-4pm | July 27th | 2:45-4pm | Nov 30th | 2:45-4pm |
| April 4th | 2:45-4pm | Aug 1st | 2:45-4pm | Dec 5th | 2:45-4pm |
| April 13th | 8:45-10am | Aug 10th | 8:45-10am | Dec 14th | 8:45-10am |
| April 18th | 11:45-1pm | Aug 15th | 11:45-1pm | Dec 19th | 11:45-1pm |
| April 27th | 2:45-4pm | Aug 24th | 2:45-4pm | Dec 28th | 2:45-4pm |

***Nutrition Requirements: “Group Class” (Insurance Required)***

1. Attend one visit per month.
2. You will need 3-6 months (depending on your insurance requirements) over 180 days
3. These visits must be consecutive… don’t miss a month!
4. The visits must be approximately 3-4 weeks apart in order to count.
5. Initial & Last visits (#s 1 & 6) are one on one with each patient & the dietician. The middle visits (#s2, 3, 4, 5, & 6) may be group nutrition (also depending on what insurance allows… Medicare doesn’t cover group visits.)
6. DO NOT wait until the last group visit of the month if possible. You can plan which group visit best suits your schedule & just show up for any of the first 3 group visits. It is helpful to us if you call ahead & make us aware of when you plan to attend any of the group visits, but is required if you plan to attend the final group visit. The last group fills up quickly, so in order to maintain an atmosphere conducive to learning, we must cap off the group at a certain number of patients & we therefore need to ask patients to call ahead in order to reserve a spot.

**Bariatric Support Groups**

**All support groups held the 2nd and 4th Wednesday of the month: 5:30-6:30pm**

|  |  |
| --- | --- |
| **Jan 11th** | **July 12th** |
| **Jan 25th** | **July 26th** |
| **Feb 8th** | **August 9th** |
| **Feb 22nd** | **August 23rd** |
| **March 8th** | **Sept 13th** |
| **March 22nd** | **Sept 27th** |
| **April 12th** | **Oct 11th** |
| **April 26th** | **Oct 25th** |
| **May 10th** | **Nov 8th** |
| **May 24th** | **Nov 22nd** |
| **June 14th** | **Dec 13th** |
| **June 28th** | **Dec 27th** |

***Support Group Requirements: “Support Group” (Office Required)***

1. You will need to attend 3 support groups over the course of your program.
2. You may choose whichever times suit your schedule & these do not need to be consecutive.

**\*\*\* All of the group nutrition & support group visits will be held here in the office conference room. It is best to put ALL of your visits on your calendar & check-list as soon as possible to avoid missing any sessions. \*\*\***