**2017-2018**

**Bariatric Nutrition Group Class Calendar**

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

\*Understanding Diabetes and Risk Factors

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| April 12th | 8:45-10am | **July 18th**  **Pre Op** | 8:45-10am | October 25th | 2:45-4pm |
| April 17th | 11:45-1pm | July 26th | 2:45-4pm | **Nov 5th \*** | 8:45-10am |
| **April 19th**  **Pre-op** | 11:45-1pm | **August 2nd**  **Pre Op** | 8:45-10am | Nov 6th | 2:45-4pm |
| April 26th | 2:45-4pm | **August 6th \*** | 8:45-10am | **Nov 7th**  **Pre Op** | 2:45-4pm |
| May 1st | 2:45-4pm | August 7th | 2:45-4pm | Nov 15th | 8:45-10am |
| **May 2nd**  **Pre Op** | 2:45-4pm | August 9th | 8:45-10am | Nov 20th | 11:45-1pm |
| **May 7th \*** | 8:45-10am | **August 16th**  **Pre Op** | 11:45-1pm | **Nov 21st**  **Pre Op** | 8:45-10am |
| May 10th | 8:45-10am | August 21st | 11:45-1pm | Nov 29th | 2:45-4pm |
| May 15th | 11:45-1pm | August 23rd | 2:45-4pm | **Dec 3rd \*** | 8:45-10am |
| **May 16th**  **Pre Op** | 8:45-10am | Sept 4th | 2:45-4pm | Dec 4th | 2:45-4pm |
| **June 4th \*** | 8:45-10am | **Sept 5th**  **Pre Op** | 2:45-4pm | **Dec 6th**  **Pre Op** | 8:45-10am |
| June 5th | 2:45-4pm | Sept 13th | 8:45-10am | Dec 13th | 8:45-10am |
| **June 7th**  **Pre Op** | 8:45-10am | Sept 18th | 11:45-1pm | Dec 18th | 11:45-1pm |
| June 14th | 8:45-10am | **Sept 19th**  **Pre Op** | 8:45-10am | **Dec 20th**  **Pre Op** | 11:45-1pm |
| June 19th | 11:45-1pm | Sept 27th | 2:45-4pm | Dec 27th | 2:45-4pm |
| **June 21st**  **Pre Op** | 11:45-1pm | **October 1st \*** | 8:45-10am |  |  |
| June 28th | 2:45-4pm | October 2nd | 2:45-4pm |  |  |
| **July 2nd \*** | 8:45-10am | **October 4th**  **Pre Op** | 8:45-10am |  |  |
| July 3rd | 2:45-4pm | October 11th | 8:45-10am |  |  |
| July 12th | 8:45-10am | October 16th | 11:45-1pm |  |  |
| July 17th | 11:45-1pm | **October 18th** | 11:45-1pm |  |  |

**\*Understanding Diabetes & Risk Factors**

**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 dietitian. The middle visits (#s2, 3, 4, 5, & 6) may be group class depending on what your 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. It is required to call ahead & make us aware of when you plan to attend any of the group visits. The last group fills up quickly. 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.
7. The group classes will be held here in the office in our 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.**

**Bariatric Support Groups (Office Required)  
2018**

**All support groups are held the 2nd and 4th Wednesday of the month**

**5:30pm -6:30pm**

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

**Support Group Requirements:**

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.

**\*\*\* These visits will be held in the Atlantic General Hospital Cafeteria. It is best to put ALL of your visits on your calendar & check-list as soon as possible to avoid missing any sessions.**