

# MARSHALL MEDICAL CENTER

## Weight Loss & Bariatric Surgery Program

We are excited to offer a new class series to assist patients in reaching their weight loss goals. Registered dietitians lead this six-month program that will give you the tools and support you need for success.

### Weight Loss Management Program for patients interested in losing weight and improving overall health

- Eight-Part Class Series taught during months 1-3
- Personalized one to one dietitian counseling session during month 4
- Monthly dietitian led support group meetings during months 5 and 6
- Ability to repeat 8-week Weight Loss Management Series within the 6 month enrollment period as desired

### Bariatric Surgery Program (Required for all Bariatric Surgery Patients)

- Eight-Part Class Series taught during months 1-3
- Four-Week Bariatric Surgery Preparation class series taught during month 4
- Personalized one to one dietitian counseling session during month 5 or 6
- Two personalized one to one dietitian counseling sessions after surgery
- Ability to repeat Weight Loss Management Series/Bariatric within the 6 month enrollment period as desired

Find out more by calling DNE (Diabetes and Nutrition Education) at **530-672-7021** and getting registered for our FREE Weight Loss Management/Bariatric orientation class. If you choose to enroll in the class series there is a monthly fee. Details regarding cost is provided during the orientation class or by calling our office.

**PLEASE CALL 530-672-7021 FOR MORE INFORMATION AND TO REGISTER FOR CLASSES.**



**MARSHALL**  
MEDICAL CENTER

It's about you



WEIGHT LOSS &  
BARIATRIC SURGERY PROGRAM  
[marshallmedical.org/weightloss](http://marshallmedical.org/weightloss)