



It's about you

WEIGHT LOSS MANAGEMENT NUTRITION CLASSES 2022

ORIENTATION CLASS

**WLM/BARIATRIC ORIENTATION CLASS OFFERED ON SELECT
TUESDAYS 12:30 PM -1:30 PM**

(NO ORIENTATION CLASSES IN JULY)

BUNDLED PROGRAM (6 MONTH PROGRAM CASH PAY PROGRAM)

8 Week Weight Loss Management (WLM) Series

January 4th - February 22nd

March 8th - April 26th

May 10th - June 28th

NO JULY CLASSES

August 2nd - September 20th

September 27th - November 15th

**Weekly Class Offered Tuesday Evening 6:00 pm -7:00 pm
Support Group Second Tuesday of the month from 12:30-1:30 pm
(Monthly including July)**

4 Week Bariatric Class Series

January 6th - 27th

March 10th - 31st

April 28th - May 19th

NO JUNE OR JULY CLASSES

August 4th - 25th

September 29th - October 20th

**Weekly Classes offered on Thursdays from 6:00 pm - 7:00 pm
Support Group Organized by Bariatric Coordinator.
RD's only appear as guest speakers when invited.**

PLEASE CALL DIABETES AND NUTRITION EDUCATION (DNE) TO CONFIRM YOUR SPOT

530-672-7021