



It's about you

## **WEIGHT LOSS MANAGEMENT NUTRITION CLASSES 2023**

**FREE 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 10th - February 28nd**

**March 14th- May 2st**

**May 9th - June 27th**

**August 1st- September 19th**

**September 26th - November 14th**

*Weekly Class Offered Tuesday Evenings from 6:00 pm -7:00 pm*

*Support Group meets the 2nd Tuesday of the month from 6:00-7:00 pm*

*(Support group meets monthly including July)*

### **3-Week Bariatric Class Series**

**January 12th - 26th**

**March 2nd - 16th**

**May 11th - 25th**

**August 3rd -17th**

**September 28th - October 12th**

**November 30th - December 14th**

*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**