



It's about you

WEIGHT LOSS MANAGEMENT NUTRITION CLASSES 2024

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 9th - February 27th

March 5th - April 23rd

May 7th - June 25th

August 6th - September 24th

October 1st - November 19th

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 except July & December)

2-Week Bariatric Class Series

March 21st - 28th

May 16th - 23rd

August 15th - 22nd

October 17th - 24th

December 5th - 12th

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**