



## Bariatric Pre-Surgical Class

**Purpose:**

To provide patients a comprehensive education regarding their hospital stay and post-surgical resources for dietary help, exercise and mental health 2 to 4 weeks before their surgery date.

**Class Outline:**

Classes will be held at the Regional Medical Center, in Classroom 3 – Ambulatory Care Wing, Lobby Level. Classes will start at 1:30 PM.

<b>Topic</b>	<b>Speaker</b>	<b>Time</b>
Introduction	Team	1:30 – 1:45
Mental Health Needs	Vineland Counseling	1:45 – 2:00
Exercise	Fitness Connection	2:00 – 2:15
Nutrition	SJH Dietician	2:15 – 2:45
Respiratory Therapy	Respiratory Therapists	2:45 – 3:00
Inpatient Patient Care	Nursing	3:00 – 3:30

**2007 Class Schedule:**

Classes will be held twice per month, on the First and Third Thursdays.

<b>Month</b>	<b>Class 1</b>	<b>Class 2</b>
January	1/4/2007	1/18/2007
February	2/1/2007	2/15/2007
March	3/1/2007	3/15/2007
April	4/5/2007	4/19/2007
May	5/3/2007	5/17/2007
June	6/7/2007	6/21/2007
July	7/5/2007	7/19/2007
August	8/2/2007	8/16/2007
September	9/6/2007	9/20/2007
October	10/4/2007	10/18/2007
November	11/1/2007	11/15/2007
December	12/6/2007	12/20/2007

**Scheduling Patients:**

Patients must call 1-800-770-7547 to schedule class. Registration lists for classes will be emailed to Nancy Harrell.