

# Weight Management Institute Greenville

## BEFORE Surgery Pre-op Prep Class Schedule March 2020

Read before attending pre-op prep class!

- Please Register for Class!
- NO children under the age of 16 allowed in class. Children are not allowed to be left unsupervised in the office/waiting areas.
- You must complete the Five (5) mandatory Pre-op prep classes before your initial surgeon's appointment
- You must complete a minimum of Ten (10) Pre-op prep classes, including 1 class per month before your surgery date
- If pre-op prep classes held on the same day have different topics, they may each count towards your 10 classes. Classes with the same topic held in one day may only count once toward your 10 classes
- Questions for the office staff or physician must be handled during office hours (8am-5pm Mon-Thurs, 8am-12pm Fri)
- ALL patients must sign and weigh in for One (1) Pre-op prep class a month.
- Please arrive 15-30 minutes before class is scheduled to weigh in and record vitals
- Pre-op prep classes are limited to 24 people, please come early to ensure your seat

**NO weights/vitals will be taken once a Pre-op prep class has started or at any other times throughout the day.**

\*As part of the 10 required pre-op prep classes, (5) classes/topics are mandatory including: Surgery 101, Nutrition 101, (1) Physician class (not including Surgery 101), (1) Nurse class, and (1) Psychology class.



Stay up to date with Weight Management Institute events, follow us on Facebook

Thank you from the staff at Weight Management Institute



## Online Pre-op Prep Classes Now Available!

Online classes include:

- Surgery 101
- Nutrition 101
- Keys to Success (Dr. Scott)
- Bariatric Surgery: The Scales Tip (Dr. Eichhorn)
- Nurse Class- “Medical Considerations Before and After Surgery”
- Dietitian Class- “Eating Healthy Through the Summer”
- Psychological Class- “Emotional Eating”

You must attend at least 1 (one) pre-op prep class per month, in person, for documentation purposes and to remain active in the program.



Instructions:

1. Visit [www.ghs.org/bariatricsolutions](http://www.ghs.org/bariatricsolutions)
2. Click on “Support Groups” tab
3. Find the “Online Support Groups” available to the right of the page
4. Choose the topic you want to watch by clicking on the link, click PLAY on the video
5. Watch the video **FIRST**, then take quiz
  - a. You must make a 70% or greater on each quiz to pass and be given credit.

## **BARIATRIC SOLUTIONS PRE-SURGERY SCHEDULE**

Pre-op prep class are held on:  
 The second MONDAY of the month 4:00pm and 6:00pm  
 TUESDAYS 10:00am, 2:00pm, 6:00pm  
 And the third THURSDAY of the month 12:15pm

Pre-op prep classes are limited to **24** attendees, patients arriving after the capacity limit has been reached will not be permitted to join the group regardless of the time. Patients arriving after the Pre-Op Prep Class has begun will not be permitted to join the group.

### **March 2020**

#### **Monday**

	<b>4:00pm</b>	<b>6:00pm</b>
<b>3/9/2020</b>	Cooking Class	Cooking Class

#### **Tuesday**

	<b>10:00am</b>	<b>2:00pm</b>	<b>6:00pm</b>
<b>3/3/2020</b>	Dietitian: Post-Op Patient Role Model	Nurse: Medical Considerations Before Surgery	Physician: Surgery 101
<b>3/10/2020</b>	Nurse: Medical Considerations After Surgery	Dietitian: Recipe Review from Cooking Class	Dietitian: Recipe Review from Cooking Class
<b>3/17/2020</b>	Dietitian: Prioritizing Diet Changes for Success	Psychology: Managing Anxiety and Depression	Guest Speaker: Plastic Surgery
<b>3/24/2020</b>	Psychology: Self Care	Nurse: Exercise	Nurse: Exercise
<b>3/31/2020</b>	Dietitian: Spring into Exercise	Psychology: Addiction	Psychology: Addiction

#### **Thursday**

	<b>12:15pm-12:45pm</b>
<b>3/19/2020</b>	Physician: Dr. Patricia Eichhorn The Importance of Exercise

Please see our website ([www.ghsbariatricsolutions.com](http://www.ghsbariatricsolutions.com)) and the "What's Happening Board" in the office for additions and updates to this schedule.

**Zumba Classes** (do not count toward diet history)

Zumba classes are free to our patients and held on Tuesday and Thursday evenings. Other visitors will be charged \$5 per class.

Zumba classes are held at:

Hillcrest Hospital- 2<sup>nd</sup> Floor Pulmonary Rehab

729 SE Main St.

Simpsonville, SC 29681

	<b>7:15pm-8:15pm</b>
<b>3/3/2020</b>	Dr. Patricia Eichhorn Zumba Toning
<b>3/5/2020</b>	Dr. Patricia Eichhorn Zumba
<b>3/10/2020</b>	Dr. Patricia Eichhorn Zumba Toning
<b>3/12/2020</b>	Dr. Patricia Eichhorn Zumba
<b>3/17/2020</b>	Dr. Patricia Eichhorn Zumba Toning
<b>3/19/2020</b>	Dr. Patricia Eichhorn Zumba
<b>3/24/2020</b>	Dr. Patricia Eichhorn Zumba Toning
<b>3/26/2020</b>	Dr. Patricia Eichhorn Zumba
<b>3/31/2020</b>	Dr. Patricia Eichhorn Zumba Toning

\*No weights or vitals will be collected at Zumba classes.

