



**Premier Surgical Services
Bariatric Solutions
Greenwood
Pre-Op Prep Classes
March 2020**

*****Please Note***
Starting In March, All Support
Groups Will Be Held On
Wednesdays**

Read before attending support group sessions!

- Please pre-register for class!
- Sign in on the sign-in sheet at each support group.
- No children under the age of 16.
- You must complete Five (5) Pre-Surgery support groups before your initial surgeon's appointment **AND** have been cleared from your psychological evaluation.
- You must complete Ten (10) Pre-Surgery support groups before your surgery date.
- Questions for the office staff or physician must be handled during office hours (8:00 am – 5:00 pm Monday – Thursday and 8:00 am – 12:00 pm Friday).
- All patients must sign in and weigh in for Two (2) Support Groups a month.
- If you are weighing in, please arrive 15 – 30 minutes before class is scheduled to begin to get vitals recorded.
- No weights/vitals will be taken once a Support Group class has started or at any other times throughout the day.

*As part of the 10 required support groups, (4) groups/topics are mandatory, including: (1) Surgery 101, Nutrition 101, (1) Class taught by the Dietitian, and (1) Class taught by the nurse (Surgery 101 does not count for the class taught by the nurse since it is also a mandatory class).

Thank you from the staff at Prism Health Premier Surgical!

Visit us online: www.ghs.org/bariatricsolutions

Visit us on Facebook: <https://www.facebook.com/GHSBariatricSolutions>



March 2020

DATE	TIME	FACILITATOR	/	TOPIC
03/04/2020	11:30 AM	Kitty Cannon, BSN, CBN, RN		7 Steps of a Healthier Lifestyle
03/04/2020	5:30 PM	Kitty Cannon, BSN, CBN, RN		Surgery 101
03/11/2020	11:30 AM	Julia Goeckel, MS, RDN, LD		Nutrition 101
03/11/2020	5:30 PM	Caroline Apple		Your Surgery, Your Responsibility
03/18/2020	11:30 AM	Caroline Apple		Chair Aerobics (Wear Comfortable Clothing)
03/18/2020	5:30 PM	Julia Goeckel, MS, RDN, LD		Reading Labels
03/25/2020	11:30 AM	Julia Goeckel, MS, RDN, LD		Tips on Meal Planning
03/25/2020	5:30 PM	Guest Speaker- Patient Who had Bariatric Surgery!		

To Avoid Yourself Any Inconvenience, Please Pay Attention to Your Schedule.

Pre-op Classes are **primarily** 11:30 am-12:15 pm (or 12:30 pm) and 5:30 pm-6:15 pm (or 6:30 pm).

You are not required to stay over an hour for pre-op groups!

Online Pre-op Prep Classes Now Available!

You can receive credit for attending a physician or Surgery 101 pre-op prep class by watching online!

Online classes include:

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

You must still 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
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.

