

Weight Management Institute of Anderson  
864-226-2290  
Before Surgery Pre-Op Class Schedule  
February 2020

Read before attending support group sessions!

- Sign in on the sign-in sheet at each support group
- NO children under the age of 16 in the group session.
- You must complete Five (5) Pre-Surgery support group 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 support groups held on the same day have different topics, they may each count towards your 10
- 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 at least 1 Support Group a month.
- Pre- op prep classes are limited to 16 people, please arrive early to ensure your seat
- Please arrive 15-30 minutes before class is scheduled to weigh in and record vitals
  - **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.



Visit our Facebook page for more information and resources

<https://www.facebook.com/GHSBariatricSolutions>

Thank you from the staff at Weight Management Institute of Anderson

## 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
- 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”
- Nutrition 101

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/bariatricsurgery](http://www.ghs.org/bariatricsurgery)
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.



**ANDERSON OFFICE**  
**Pre-Surgery Class Schedule**

Anderson Prep classes are for **pre-surgical** patients.  
Please note the location for each group as this might change.  
Patients arriving after the Pre-Op Class has begun will not get credit for the class.

**February 2020**

<b>Date</b>	<b>Time</b>	<b>Facilitator/Topic</b>
Wednesday 2/5/2020	5pm	Dr. Eichhorn Tip the Scale Location: <b>Oconee Memorial Conference Room 1</b>
Tuesday 2/11/2020	5pm	Dawn, R Mindful Eating Location: Weight Management Institute- Anderson
Wednesday 2/19/2020	5pm	Guest Speaker Post-Op Pt Role Model Location: Weight Management Institute- Anderson
Tuesday 2/25/2020	1pm	Maureen, RN Stress Eating Location: Weight Management Institute- Anderson



## January 2020 Support Group Sign-Up

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Select Group	Date	Time/ Location	Facilitator	Topic
<input type="checkbox"/>	Wednesday 2/5/2020	5pm <b>Oconee Memorial Conference Room I</b>	Dr. Eichhorn	Tip the Scale
<input type="checkbox"/>	Tuesday 2/11/2020	5pm Anderson	Dawn, RDN	Mindful Eating
<input type="checkbox"/>	Wednesday 2/19/2020	5pm Anderson	Guest Speaker	Post-Op Patient Role Model
<input type="checkbox"/>	Tuesday 2/25/2020	1pm Anderson	Maureen, RN	Stress Eating

Please see our website ([www.ghs.org/bariatricsurgery](http://www.ghs.org/bariatricsurgery)) for additions and updates to this schedule.