



**SIGN UP
ONLINE AT**
www.methodisthospital.org/BNCClass



2019 Bariatric Nutrition Class

We want you to be prepared.

Weight loss surgery requires a lifetime commitment to dietary and lifestyle changes. Join our bariatric nutrition classes and learn about the post-surgical guidelines for successful weight loss and maintenance after weight-loss surgery.

If this is your first visit with us, please sign up for an initial nutrition evaluation. If this is your second visit with us, please sign up for a post-surgical guidelines.

Call Victoria Pacheco
at 626-898-8788
or email her at
victoria.pacheco@methodisthospital.org

FIRST VISIT - Initial Nutrition Evaluation and Goal Setting

Tuesday Classes

Jan 8
Feb 5
Mar 5
Apr 2
May 7
Jun 4
Jul 2
Aug 6
Sept 3
Oct 1
Nov 5
Dec 3

Saturday Classes

Jan 19
Feb 16
Mar 16
Apr 13
May 11
Jun 15
Jul 13
Aug 17
Sept 14
Oct 12
Nov 16
Dec 7

SECOND VISIT - Nutritional Guidelines

Tuesday Classes

Jan 15
Feb 12
Mar 13
Apr 16
May 14
Jun 11
Jul 16
Aug 13
Sept 17
Oct 15
Nov 12
Dec 10

Saturday Classes

Jan 26
Feb 23
Mar 23
Apr 27
May 18
Jun 29
Jul 27
Aug 31
Sept 28
Oct 26
Nov 23
Dec 14


METHODIST HOSPITAL
of Southern California

TUESDAY CLASS TIME 10:30 A.M. TO 12:30 P.M. - CLASSROOM 4
SATURDAY CLASS TIME 9:30 TO 11:30 A.M. - CLASSROOM 4