



# Lawrence General Hospital

## Weight Management & Bariatric Center 2018 Nutrition Class Schedule

Call (978) 946-8450 for more information

Attendance to these groups will help you to prepare for weight loss surgery.  
A minimum of 3 groups must be attended to qualify for surgery.

### Located at the Conference Room at Andover Medical Center

*(Enter through West Entrance, take elevator to Lower Level, doors will open to the opposite side, conference room is straight ahead)*

Day/Date	Time	Topic (subject to change)
Tues., January 9, 2018	10:00 am	Meal Prep: Fail to Plan, Plan to Fail
Thurs., January 25, 2018	5:00 pm	Importance of Exercise
Tues., February 6, 2018	10:00 am	Panel of Experts
Thurs., February 22, 2018	5:00 pm	Common Speed Bumps After Surgery
Tues., March 6, 2018	10:00 am	Mindful Eating
Thurs., March 22, 2018	5:00 pm	Navigating the Grocery Store & Food Label
Tues., April 3, 2018	10:00 am	Vitamins & Protein
Thurs., April 19, 2018	5:00 pm	Importance of Exercise
Tues., May 8, 2018	10:00 am	Common Speed Bumps After Surgery
Thurs., May 24, 2018	5:00 pm	Panel of Experts
Tues., June 5, 2018	10:00 am	Meal Prep: Fail to Plan, Plan to Fail
Thurs., June 21, 2018	5:00 pm	Panel of Experts
Tues., July 10, 2018	10:00 am	Common Speed Bumps After Surgery
Thurs., July 26, 2018	5:00 pm	Mindful Eating
Tues., August 7, 2018	10:00 am	Navigating the Grocery Store & Food Label
Thurs., August 23, 2018	5:00 pm	Vitamins & Protein
Tues., September 4, 2018	10:00 am	Common Speed Bumps After Surgery
Thurs., September 20, 2018	5:00 pm	Meal Prep: Fail to Plan, Plan to Fail
Tues. October 9, 2018	10:00 am	Mindful Eating
Thurs. October 25, 2018	5:00 pm	Panel of Experts
Tues., November 6, 2018	10:00 am	Navigating the Grocery Store & Food Label
Thurs., November 15, 2018	5:00 pm	Common Speed Bumps After Surgery
Tues., December 4, 2018	10:00 am	Dining Out, Celebrations, Holiday Eating