

Weight Management Institute of Anderson
864-226-2290
Before Surgery Pre-Op Class Schedule
July- Sep 2019

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
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.

July 2019

Date	Time	Facilitator/Topic
Wednesday 7/10/2019	5-5:45pm	Amanda Freeman Effects on the Family Location: Oconee Memorial Conference Room 1
Wednesday 7/17/2019	4-4:45pm	Dr. Eichhorn Tip the scale Location: Weight Management Institute- Anderson
Wednesday 7/24/2019	5-5:45pm	Christy- Dietician Protein Supplements Location: Weight Management Institute- Anderson
Thursday 7/25/2019	1-1:45pm	Maureen, RN Healthy Walking for Beginners Location: Weight Management Institute- Anderson
Wednesday 7/31/2019	5-5:45pm	Maureen, RN Diarrhea & Constipation Location: Weight Management Institute- Anderson

No classes the week of July 4th. Enjoy your Holiday!

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August 2019

Date	Time	Facilitator/Topic
Wednesday 8/7/2019	5-5:45pm	Dr. Eichhorn Measuring Success Location: Oconee Memorial Conference Room 1
Thursday 8/15/2019	5-5:45pm	Amanda F Optifast Sampling Location: Weight Management Institute- Anderson
Wednesday 8/21/2019	5-5:45pm	Christy- Dietician Beyond Exercise: Getting and Staying Fit Location: Weight Management Institute- Anderson
<i>Thursday</i> 8/22/2019	1-1:45pm	Maureen, RN Stress Eating Location: Weight Management Institute- Anderson
<i>Thursday</i> 8/29/2019	1-1:45pm	Maureen Shopping Smart Location: Weight Management Institute- Anderson

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Pre-Surgery Class Schedule**

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September 2019

Date	Time	Facilitator/Topic
Wednesday 9/4/2019	5-5:45pm	Maureen, RN Diarrhea & Constipation Location: Oconee Memorial Conference Room 1
Thursday 9/5/2019	1-1:45pm	Maureen, RN Medical Considerations Location: Weight Management Institute- Anderson
Wednesday 9/11/2019	5-5:45pm	Christy- Dietician Making Sense of Food Ingredients & Nutritional Facts Location: Weight Management Institute- Anderson
Wednesday 9/18/2019	4-4:45pm	Dr, Eichhorn Why I should take my vitamins and get labs drawn Location: Weight Management Institute- Anderson
Thursday 9/26/2019	5-5:45pm	Amanda Freeman Getting Started with Exercise Location: Weight Management Institute- Anderson

