



BARIATRIC WEIGHT LOSS PROGRAM

2019 HEALTHY LIFESTYLES POST-OP CLASSES

The Dameron Hospital Healthy Lifestyles Post-Op Class is recommended for patients in their first month after weight loss surgery to provide guidance in the early phases of transitioning into their new healthy lifestyle. Topics covered incorporate the principles from *The Success Habits of Weight Loss Surgery Patients*, a book written by Colleen M. Cook.

Location: Dameron Hospital ACC 2nd Floor Conference Rooms 1 & 2
530 West Acacia Street
Stockton, CA 95203

Time: 2:30 p.m. to 4:30 p.m.

Dates: Monday, January 14	Monday, July 15
Monday, February 11	Monday, August 12
Monday, March 11	Monday, September 16
Monday, April 8	Monday, October 21
Monday, May 13	Monday, November 11
Monday, June 10	Monday, December 9

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2019 HEALTHY LIFESTYLES POST-OP CLASSES

A CHOICE

THAT WILL CHANGE YOUR LIFE FOREVER.



For more information, contact the
Dameron Bariatric Coordinator at
(209) 461-7508.

Additional class dates available as needed.



525 West Acacia Street
Stockton, CA 95203
209-944-5550

DameronHospital.org