



# Dameron Hospital

## 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.

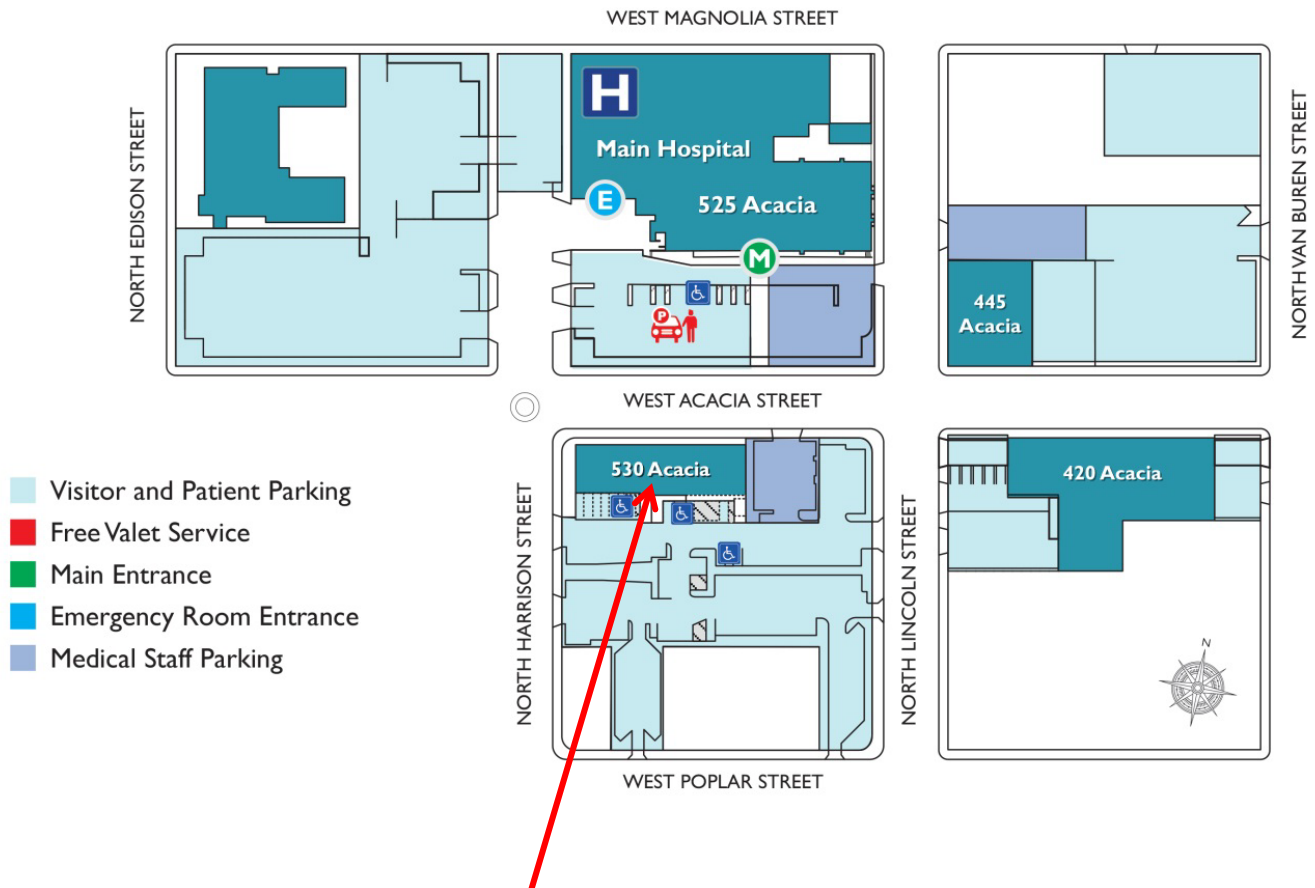
**Class Location:** 530 West Acacia Street, 2<sup>nd</sup> Floor Conference Rooms 1 & 2  
(See map on reverse)

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

**Class Dates:** Monday, January 14  
Monday, February 11  
Monday, March 11  
Monday, April 8  
Monday, May 13  
Monday, June 10

For more information, contact the Dameron Bariatric Coordinator at (209) 461-7508. Additional class dates available as needed.

# 2019 Healthy Lifestyles Post-Op Classes



## Healthy Lifestyles Post-Op Class Location

530 West Acacia Street, 2<sup>nd</sup> Floor Conference Rooms 1 & 2  
Stockton, CA 95203