



BARIATRIC WEIGHT LOSS PROGRAM

2020 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.

2020 Dates*: Thursday, January 2 Thursday, July 2
Thursday, February 6 Thursday, August 6
Thursday, March 5 Thursday, September 3
Thursday, April 2 Thursday, October 1
Thursday, May 7 Thursday, November 5
Thursday, June 4 Thursday, December 3

**Dates subject to change.*

**DAMERON
HOSPITAL**

Managed by:

AdventistHealth 

BARIATRIC WEIGHT LOSS PROGRAM

2019 HEALTHY LIFESTYLES POST-OP CLASSES

A CHOICE

THAT WILL CHANGE YOUR LIFE FOREVER.



**Class Conference
Room Address:**
530 W. Acacia Street
Stockton, CA 95203

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

Additional class dates available as needed.

DAMERON HOSPITAL

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

DameronHospital.org