

Preparing for Bariatric Surgery: Cooking Class

What can I expect to learn?

Prepare for bariatric surgery with this interactive, online ‘cook-along’ class designed to provide you with hands-on experience cooking and tasting dishes similar to what you will eat in the first few weeks after surgery.

What are the class details?

- This class is offered over Zoom®
- 1 ½ hour (90 minutes) long
- Free to attend!

Who can register for this class?

- Must be a patient or support person of the Calgary Adult Bariatric Surgery Clinic or the Red Deer Bariatric Specialty Clinic
- Have attended the Surgery Preparation class
- Have not yet had bariatric surgery

How can I register?

Registration details are found within the [SHC Wellness Centre Program Guide](#).

By phone: 403-955-8088

Questions about the class?

Email: wellness.shc@ahs.ca



Health Link has dietitians to answer nutrition questions.

Call 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811.