



# Bariatric Specialty – Clinic Classes

**Who it's for:** Registered Bariatric Specialty clinic patients.

These individual classes provide information and assist patients through the bariatric surgery journey. Topics include:

- General information on the bariatric clinic
- Preparing for surgery
- Nutrition for Surgery
- Mental wellness for surgery

**\* Please note that a physician referral is required for this class series**

**This program is restricted to registered bariatric specialty clinic participants in South Zone. You must also:**

- Be between the ages of 18-64
- Have a valid Alberta Healthcare Card
- Have a body mass index (BMI) of 40 or equal to 35 with an obesity-related comorbidity
- Have no severe, untreated personality disorder, active psychosis, active substance dependencies and/or major cognitive impairment

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection: [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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