

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|-----------|--|---|---|---|---|-----------|-----------|
| | 1 | 2 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am Nutrition Support Group 5:00-7:00 pm | 3 | 4 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am | 5 | 6 | |
| 7 | 8 Nutrition Support 9:00-11:00 am Emotional Wellness 11:00 am -11:45 am | 9 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am | 10 | 11 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am | 12 | 13 | |
| 14 | 15 Back On Track 9:00-11:00 am | 16 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am | 17 | 18 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am | 19 | 20 | |
| 21 | LAST MONDAY | 22 Emotional Wellness Support Group For Post-Op 4:00-5:00 pm For Family 5:00-6:00 pm | 23 Bariatric Orientation 8:00-10:00 am <i>AND</i> 6:00-8:00 pm Psychology Orientation 10:00-11:30 am <i>AND</i> 4:30-6:00 pm | 24 | 25 Bariatric Orientation 8:00-10:00 am Psychology Orientation 10:00-11:30 am | 26 | 27 |
| 28 | | Excercise Support Group 4:00-5:00 pm CCF Chat Group 5:00-6:00 pm Speaker 6:00-7:00 pm | | | | | |

Notes: