

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>Bariatric Orientation</b> 8:00-10:00 am <b>Psychology Orientation</b> 10:00-11:30 am <b>Nutrition Support Group</b> 5:00-7:00 pm	<b>2</b>	<b>3</b> <b>Bariatric Orientation</b> 8:00-10:00 am <b>Psychology Orientation</b> 10:00-11:30 am	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> <b>Bariatric Orientation</b> 8:00-10:00 am <b>Psychology Orientation</b> 10:00-11:30 am	<b>9</b>	<b>10</b> <b>Bariatric Orientation</b> 8:00-10:00 am <b>Psychology Orientation</b> 10:00-11:30 am	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>Nutrition Support</b> 9:00-11:00 am <b>Emotional Wellness</b> 11:00 am -11:45 am <b>Exercise Support</b> 6:00-7:00 pm	<b>15</b> <b>Bariatric Orientation</b> 8:00-10:00 am <b>Psychology Orientation</b> 10:00-11:30 am	<b>16</b>	<b>17</b> <b>Bariatric Orientation</b> 8:00-10:00 am <b>Psychology Orientation</b> 10:00-11:30 am	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> <b>Back On Track</b> 9:00-11:00 am	<b>22</b> <b>Bariatric Orientation</b> 8:00-10:00 am <i>AND</i> 6:00-8:00 pm <b>Psychology Orientation</b> 10:00-11:30 am <i>AND</i> 4:30-6:00 pm	<b>23</b>	<b>24</b> <b>Bariatric Orientation</b> 8:00-10:00 am <b>Psychology Orientation</b> 10:00-11:30 am	<b>25</b>	<b>26</b>
<b>27</b>	<b>LAST MONDAY</b> <b>Emotional Wellness Support Group</b> For Post-Op 4:00-5:00 pm For Family 5:00-6:00 pm <b>CCF Chat Group</b> 5:00-6:00 pm <b>General Support Group</b> 6:00-7:00 pm	<b>28</b>	<b>29</b> <b>Bariatric Orientation</b> 8:00-10:00 am <b>Psychology Orientation</b> 10:00-11:30 am	<b>30</b>	<b>Notes:</b>	