

Commitment

To have the most success at reaching your health and weight related goals, we strongly suggest that you **attend all scheduled classes**. If you are unable to attend a class, please call the program assistant at 905-522-1155 ext. 37327.

The Ministry of Health only funds one attempt within the Bariatric Medical Program.

How much does the program cost?

There is no cost to attend the Lifestyle Program.

Who can attend the group sessions?

Only patients of the Bariatric Medical Program may attend the sessions.

Family members and significant others are welcome to come with you to clinic appointments but may not attend the program.

After your first appointment at the clinic, we will contact you with information about the specific dates and times of upcoming programs.



Bariatric Medical Clinic Lifestyle Program

**Level 0, Block C – Outpatient Clinic Area
West 5th Campus
100 West 5th Street
Hamilton, Ontario L9C 0E3 (for location)
Mail Only Postal Code: L8N 3K7**

905-522-1155 ext. 37327

What is the Lifestyle Program?

The Lifestyle Program consists of educational and supportive group classes. Each group session features a topic of interest such as:

- Meal Planning and Healthy Eating
- Physical Activity and Community Resources
- Emotional Eating and Stress

Groups meet for 1 to 2 hours every other week for 26 weeks.

Why is the Lifestyle Program helpful?

Research tells us that you are more likely to reach your goals while taking part in a group program, than if you try alone.

Meeting with peers to learn and share information helps keep you motivated and increases your chances for success.

Attending the **Lifestyle Program** will help you learn skills such as how to:

- plan and prepare healthy meals
- identify and remove barriers to managing your weight
- include physical activity in your lifestyle
- cope with stress and difficult emotions without turning to food

The team in the Bariatric Medical Clinic encourages all patients to consider the group program as an addition to other medical interventions.

Lifestyle Program at a glance

Phase 1

- Attend 26 weeks of biweekly education classes to learn new skills and lifestyle changes.

Phase 2

- Attend monthly maintenance classes for 6 months to help you maintain your weight loss and continue with your new found skills.