

Bariatric Pre-Surgery Class

This Bariatric Pre-Surgery class has been designed to provide you and your support person with all the information you will need for a safe and speedy recovery from your weight loss surgery at Mercy Gilbert Medical Center. It is important to us that you and your support person are involved in every step of your care from pre-surgical preparation to recovery.

Our Bariatric Pre-Surgery class covers:

- Your Bariatric Journey to include Hospital Stay
- Tips for Improving Surgical Outcomes
- Diet and Nutrition
- Medications and Vitamins

YOU MUST ATTEND THIS CLASS PRIOR TO SURGERY

When: Classes are held monthly on the 1st and 3rd Tuesdays from 6 – 7:30 p.m.

Where: 3420 S. Mercy Rd. McAuley (3rd Floor) Gilbert, AZ 85297

Register: Please call 480.728.5673 and leave your name, your surgeon's name, the date of your surgery, and the date of the class you would like to attend.

Please bring the following items to class:

- Your education packet from the Weight Loss Center
- Your support person, if available
- Any questions or concerns you may have



If you are unable to attend one of the classes prior to surgery, please mail Kimberly Bundy, Bariatric Program Coordinator, at kimberly.bundy@dignityhealth.org.