Saskatchewan Bariatric Surgical Program

While You Wait...
To do on your own while you are waiting to be scheduled for an appointment with the program:

- **Bariatric Basics Class**: What you need to know
- **Craving Change Class**: Improve your relationship with food
- **Lifestyle and Nutrition Class**: Behaviour change before and after surgery
- **Behavioural Therapist**: You may be referred by the team to the Behavioral Therapist for additional support
- **Follow Up Appointments as Required**: With Social Worker, Dietitian and Physiotherapist
- **Pre-Surgery Class**: Preparing for surgery
- **Pre-Admission Visit**: Hospital preparation and instructions
- **Surgeon Visit for Approval**: In person, individual consults
- **Individual Appointments**: Appointment with Registered Nurse & Appointment with Social Worker, Dietitian and Physiotherapist

Work on Tools in Healthy Living Video Series

Watch On-line Educational Videos

What you need to know:
- Improve your relationship with food
- Behaviour change before and after surgery
- You may be referred by the team to the Behavioral Therapist for additional support
- Hospital preparation and instructions

In-Person Appointments