

FPRE-SURGERY NUTRITION CLASS SCHEDULE 2019

(Required for all nutrition evaluations*)

You must attend one of these classes prior to attending your private consultation with the Nutritionists, Michele or Arlene
 * *Book your evaluation early; you may need to see the Nutritionist more than one visit. You can also go to Michele for required monthly weight documentation.*

Hampton Inn 2000 N. Ocean Ave. Farmingville	Hampton Inn 2000 N. Ocean Ave. Farmingville	Holiday Inn Express Hotel 2050 Express Drive South, Hauppauge
2ND Tuesday 5-6 PM	3rd Thursday 11:30-12:30	5:15-6:15 PM
January 8	January 17	
February 12	February 21	<i>***Before</i>
March 12	March 21	<i>Educational</i>
April 9	April 18	<i>Seminar***</i>
May 14	May 16	
June 11	June 20	
July 9	July 18	Wednesday, July 10
August 13	August 15	Monday, August 5
September 10	September 19	Wednesday, September 11
October 8	October 17	Monday, October 7
November 12	November 21	Wednesday, November 6
December 10	December 19	Monday, December 2

GARDEN CITY (700 Stewart Ave. Education room)

1st Wednesday 5-6 PM	2nd Monday 8-9 AM	3rd Friday 8:15-9:15 AM
January 2	January 14	January 18
February 6	February 11	February 15
March 6	March 11	March 15
April 3	April 8	April 19
May 1	May 13	May 17
June 5	June 10	June 21
July 10	July 8	July 19
August 7	August 12	August 16
September 4	September 9	September 20
October 2	October 14	October 18
November 6	November 11	November 15
December 4	December 9	December 20

POST-SURGERY NUTRITION CLASS-- Garden City only!

(Recommended for all new post-surgery patients)

You do not need to sign up for this class.

Held EVERY FRIDAY FROM 1-2 PM IN THE GARDEN CITY OFFICE