

Motivate

 Mercy
WEIGHT LOSS &
NUTRITION CENTER
A service of Mercy Medical Center—Des Moines

Upcoming Classes & Events

July, August, September 2017 | Volume 17

The following classes are free and open to the public! All are held at 5:30 p.m. at Mercy Weight Loss & Nutrition Center in Clive.

July 11 - Why Essential Oils?

July 25 – Exploring Ancient Grains
(Cooking Demo)

August 8 – Fighting Inflammation with
Food

August 22 – Mediterranean Cooking
(Cooking Demo)

September 12 – Getting Balanced with
Tai Chi

September 26 – Plant Based Proteins
(Cooking Demo)

Bariatric surgery support group has a new time. We will be meeting from **5:30-7:00 p.m.** the first Tuesday of every month at Mercy Bariatric Surgery. Presentations will be from 5:30 - 6:15 p.m. followed by 45 minutes of open discussion.

July – **NO Support Group**

August - Preventing Pitfalls

September – Taking Charge of Your
Attitude

Optifast/Optitrim Friends –Have you earned your product discount yet? Following your program, you can earn a 20% product discount by collecting credits each time you attend our classes or go to an instructor-led exercise class. To learn more about earning credits, call Debi at (515) 358-9432. Also enjoy a 10% discount on product during our Hot Summer Sale during the month of July!



Change is underway!

Mercy Weight Loss & Nutrition Center is changing. Our surgical program and classes will be moving to the Mercy West Lakes Campus, and taking on a new name.....Mercy Bariatric Surgery. Our new address/phone number and hours of operation will be:

Mercy Bariatric Surgery

5901 Westown Pkwy, Suite 240
West Des Moines, IA 50266
(515) 358-9300

Office hours:

Monday 8:00 a.m. - 4:30 p.m.
Tuesday 8:00 a.m. - 4:30 p.m.
Wednesday 8:00 a.m. – 4:30 p.m.
Thursday 8:00 a.m. – 4:30 p.m.
Friday 8:00 a.m. – 2:00 p.m.

The office will close at 2 p.m. every Friday for surgical community lecture.

Our nonsurgical programs will be staying at our current location in the Mercy Health and Fitness Center. We will be moving to a new office within the building later this summer. This includes the Optifast and Optitrim programs, nutrition sessions, weight loss coordinator visits, and Tuesday night Live Healthy Classes. The Mercy Weight Loss & Nutrition Center will have new office hours beginning July 1, 2017.

Mercy Weight Loss & Nutrition Center
12493 University Ave., Ste. 110
Clive, IA 50325

Office hours beginning 7/1/17:

Monday 8:00 a.m. - 4:30 p.m.

Tuesday 8:00 a.m. – 6:00 p.m.

Wednesday 8:00 a.m. – 1:00 p.m.

Thursday 8:00 a.m. – 6:00 p.m.

Friday 7:30 a.m. – 1:00 p.m.

Open the 2nd & 4th Saturdays of the month from 9:00 a.m. – 12:00 p.m.



If you have questions, please feel free to call our office at (515) 358-9400.