

# First Bite Class

## Your journey is just beginning

### **What is First Bite?**

First Bite is a dietitian-led class offered exclusively to TLC patients. It focuses on how to properly advance your diet after surgery. It is meant to be attended while you are still on the full liquid phase of your diet progression.

### **How is First Bite different from the nutrition classes I attended prior to my surgery?**

The First Bite class is focused solely on life after surgery. Because of that, more time can be given to providing you with sample diet plans and helpful hints for each stage of the diet progression as well as tips for long-term weight loss success.

### **What does it cost to attend a First Bite class?**

First bite is FREE! Please attend within the first month of surgery.

### **When can I attend the First Bite class?**

The ideal time to attend a First Bite class is when you are 1-2 weeks post-op (after surgery). This is when most patients are progressing their diets to pureed; therefore, you will get the most benefit out of the class at this time.

### **How do I register for the First Bite class?**

Class is offered in the clinic or online. Register for an *in person* class at TLC by signing up at your pre-op appointment or calling the office at 713-493-7700