

Transcript: Educational Seminars

In order to qualify for the surgery, you have to attend educational seminars to educate you on what's involved in the surgery, how your lifestyle will change, and the changes that you need to make to really be successful. So I attended these seminars for a three-month period. You're required to attend a set number of seminars to fit into your schedule as best you can. They're really great because you go in, there are other individuals who have gone through the surgery, you are able to talk to them, ask them questions. There are nutritionists who explain to you how your life and diet and eating habits will change post-surgery and just different things that you may not consider about how your eating will be different once you've had the surgery. So I think it was really great that they had these sessions to educate you.