

Weight Loss Video Library and Support

How to Use QR Codes

- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Start the video or scroll the web page.

Weight loss surgery success



Watch this [video](#) to hear from people who had weight loss surgery and how food and exercise changes had made for continued success.

Nourishing the new you



Watch this [video](#) to learn how and what to eat and drink after weight loss surgery.

Surgical Weight Management Virtual Support Group



Visit this [page](#) to learn about Allina Health Weight Management's ongoing support group. You can join before or after surgery.

Medical Weight Management Patient Education Classes



Visit this [page](#) to learn about free ongoing education classes taught by dietitians. Anyone in the weight management program is encouraged to join.