

Slim Life Solutions...
Afshin Eslami, MD
1737 Creekside Drive Folsom, California 95630
Phone (916) 932-0314 Fax (916) 932-0312

*In addition to standard pre-operative testing and screening, and any additional requirements your insurance company may have, we require that **ALL** patients attend **one of each** informational session listed below prior to having surgery.*

Location: All three sessions are held in the Multipurpose Room 111 at Bruceville Terrace (**8151 Bruceville Rd Sacramento, CA 95823**). Please see the attached map for directions.

***Attendance required prior to your surgical consultation with Dr Eslami**

★ INFORMATIONAL SEMINAR –

When: 10:00 am – 12:00 pm, usually first Saturday of the month

2017 SCHEDULE:

January 7	February 4	March 4
April 1	May 6	June 3
July 15	August 5	September 16
October 7	November 4	December 2

★ GROUP DIETITIAN CLASS –

Please attend before your private appointment with our program dietitian.

When: 10:00am on the 2nd Saturday of the month or 3rd Thursday of every month at 5:00 pm

2017 SCHEDULE:

January 14 or January 19	Feb 11 or Feb 16	March 11 or March 16
April 8 or April 20	May 13 or May 18	June 10 or June 15
July 8 or July 20	Aug 12 or Aug 17	Sept 9 or Sept 21
October 14 or October 19	Nov 11 or Nov 16	Dec 9 or Dec 21

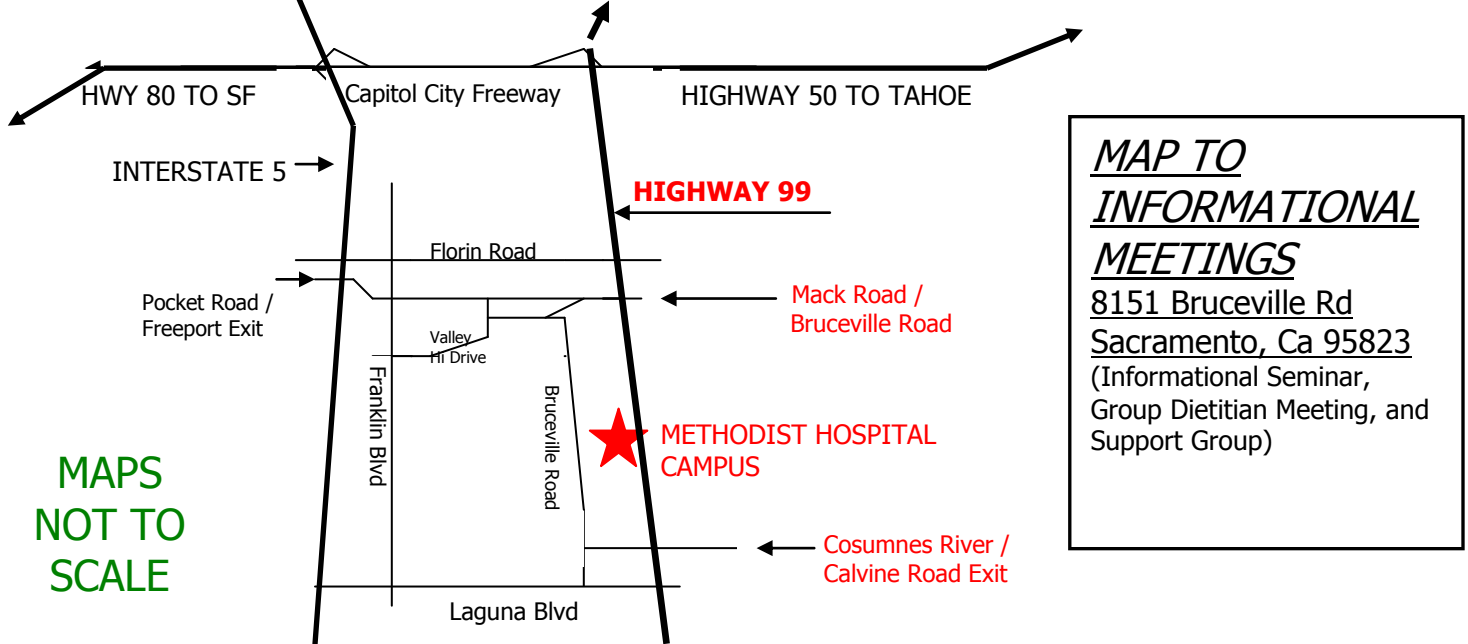
★ SUPPORT GROUP –

When: starting at 11:30am on the second Saturday or 6:30 pm on the 3rd Thursday of the month... following the Group Dietitian Class

Attend as many support groups as you are able to. You will meet patients who are just beginning the process, as well as those who are several years post-surgery. Each meeting covers a different topic; we try to have guest speakers, Q and A with the surgeons, our dietitian, and program manager.

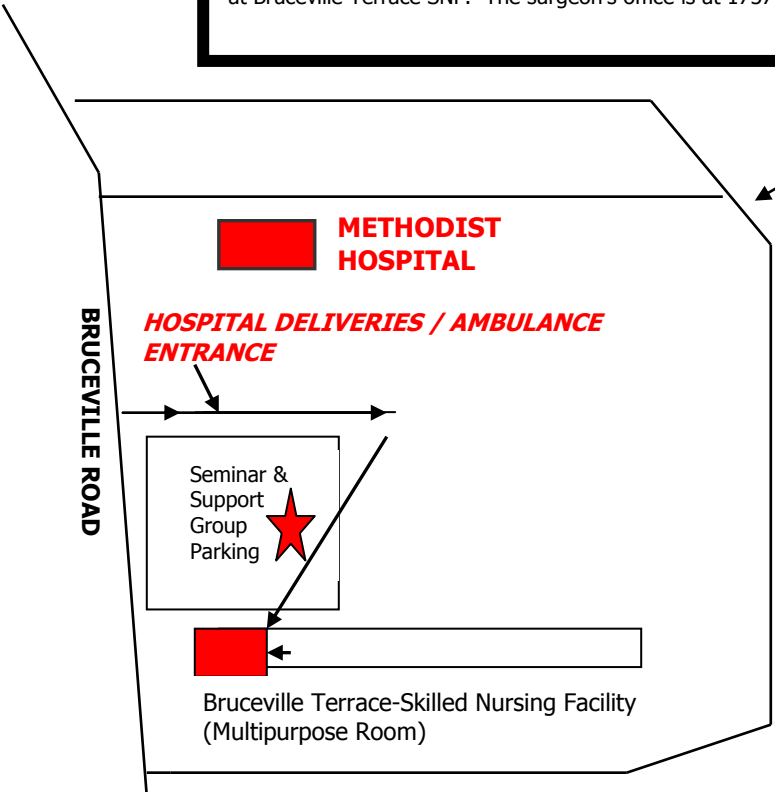
Dates may be subject to change.

For more information, please call our office at (916) 932-0314 or e-mail questions to lynette@slimlifesolutions.com



MAP TO
INFORMATIONAL
MEETINGS
8151 Bruceville Rd
Sacramento, Ca 95823
(Informational Seminar,
Group Dietitian Meeting, and
Support Group)

- From Highway 99 South, from the downtown interchanges:**
- 1. Bruceville Road Exit**
 - Turn Left onto Bruceville Road which will run parallel to the freeway. Methodist Hospital will be up on your left-hand side. Do not turn into the Hospital at the Hospital Drive entrance.
 - Stay on Bruceville Road, and just past the Hospital, make a left at the "HOSPITAL DELIVERIES / AMBULANCE ENTRANCE".
 - Come up the two-lane alleyway and make a right at the STOP sign.
- IF YOU ARE COMING FOR A SEMINAR OR SUPPORT GROUP MEETING OR THURSDAY DIETICIAN CLASS:**
- Immediately, make another right into the large parking lot and proceed to the furthestmost diagonal corner.
 - Bruceville Terrace is the long, single-story stucco/brick building with a tile roof.
 - The Multi-purpose room door is the last one on the corner of the building and will be open.
- From Highway 99 North from Stockton:**
- 1. Calvine / Consumnes River Exit,**
 - Turn Left, up over the freeway
 - Turn Right onto Bruceville Road (Large Target Store on Corner)
 - Follow Bruceville Road to "Hospital Deliveries / Ambulance Entrance"
 - Turn Right at the "Hospital Deliveries / Ambulance Entrance", follow directions as above from Step 4.
- NOTE:**
Seminars, Support Groups, and the SATURDAY AND THURSDAY Group Dietician class is held in the Multipurpose Room at Bruceville Terrace SNF. The surgeon's office is at 1737 Creekside Drive Folsom, Ca 95630.



DR ESLAMI'S OFFICE:
1737 Creekside Drive
Folsom, Ca. 95630

To get to the office, follow directions as above. Once on Bruceville:

From Highway 99 North from Stockton:
Go north to Hwy 99 to Hwy 50 east South Lake Tahoe, exit E. Bidwell, turn right to Creekside Dr, than 0.2 miles destination is on the left

From Highway 99 South from downtown:
Go to Hwy 50 east South Lake Tahoe, exit E. Bidwell turn right on Creekside Dr, than 0.2 miles destination is on the left