



# Bariatric & Weight Management Program

A Division of **LMC** Healthcare

## Supporting You Through Every Stage of Your Weight Loss Journey

For over 25 years, LMC Healthcare has provided expert metabolic care focused on sustainable, long-term success. We combine nutrition, behaviour change, and mental health support to help you achieve lasting results.

### Why Choose Us



25+ Years Experience



End to End Care



Bariatric Nutrition Educators



Virtual Support



**We're here for the long term.**

Our goal is to support you in building sustainable habits for lifelong health.

[www.bariatriccare.ca](http://www.bariatriccare.ca)

[bariatrics@lmc.ca](mailto:bariatrics@lmc.ca)



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## Nutrition Care Program

Ongoing, personalized support designed to help you succeed after surgery and maintain long-term results.

### Program Highlights:

- Ongoing Support: Regular virtual follow-ups
- Personalized Care: 1:1 guidance from bariatric nutrition experts
- Education: Practical tools for nutrition & behaviour change
- Workshops: Webinars and specialty sessions

## Why Nutrition Support Matters

Patients who participate in structured, multidisciplinary follow-up care are more successful in achieving and maintaining weight loss.



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