



FREE RESOURCES & SUPPORT

Tools and resources for living successfully with an ostomy



Ostomy101.com

OSTOMY 101 INC. Nonprofit: Free & Vendor Neutral

- Virtual New Patient Classes (Co-led by WOC Nurse & Patient)
- Ostomy Basics Videos (By WOC Nurses & American College of Surgeons)
- Support Meetings & Events (Nationwide Virtual & In Person)
- Lifestyle Articles & Videos
- Tips & Troubleshooting Videos
- Ostomy Supply Info
- Recovery Programs
- Manufacturer Samples
- Ostomy Product Info
- **Resources For Clinicians**

Used by 195+ US Hospitals and Clinics



501c3 Nonprofit

IMPROVING ACCESS TO OSTOMY INFORMATION, RESOURCES, AND SUPPORT

2025 New Patient Class Dates: All virtual classes are held on Saturdays at 9:30 am PST
Jan. 11, Feb. 8, Mar. 8, Apr. 12, May. 3, Jun. 7, Jul. 12, Aug. 9, Sep. 13, Oct. 11, Nov. 8,
Dec. 13