

NEWS RELEASE

FOR MORE INFORMATION, CONTACT

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BOTHWELL SURGICAL WEIGHT LOSS SEMINAR IS OCT. 23

SEDALIA - Bothwell Regional Health Center will hold its Surgical Weight Loss Seminar at 6 p.m. on Wednesday, Oct. 23, in the Bothwell Education Center, 14th and Ingram in Sedalia.

During the free, hour-long program, Dr. Sigi Joseph will discuss the various types of bariatric surgical procedures and the comprehensive physical, psychological and nutritional preparation process leading up to the surgery.

Following the seminar, a support group for people who have had bariatric surgery or are considering bariatric surgery meets at 7 p.m. in the Bothwell Education Center. This month's support group discussion is "Get Your Groove On!" The group will focus on how exercise and activity can support weight loss efforts and help you feel better at the same time.

Due to the Thanksgiving and Christmas holidays, the next seminar is scheduled for 6 p.m. on Wednesday, Dec. 11, with the support group following at 7 p.m.

For more information, contact Dr. Joseph's office at (660) 827-0423.

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