

NEWS RELEASE

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BOTHWELL SURGICAL WEIGHT LOSS SEMINAR IS MARCH 26

SEDALIA - Bothwell Regional Health Center will hold its Surgical Weight Loss Seminar at 6 p.m. on Wednesday, March. 26, 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 topic is "Nutrition – It's in the Fine Print," which will provide an in-depth look at deciphering and understanding food labels, including what to look for and what to avoid.

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

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Bothwell Regional Health Center is a 145-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopedic, cardiovascular, women's health, and therapy services. For more information on Bothwell Regional Health Center and our services, visit the Web site at www.brhc.org or find us on Facebook.