

# NEWS RELEASE

FOR MORE INFORMATION, CONTACT

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## **BOTHWELL SURGICAL WEIGHT LOSS SEMINAR IS JUNE 26**

SEDALIA - Bothwell Regional Health Center will hold its Surgical Weight Loss Seminar at 6 p.m. on Wednesday, June 26, in the Bothwell Education Center, 14<sup>th</sup> 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 will meet in the Bothwell Education Center. The support group will meet monthly at 7 p.m. on the fourth Wednesday of each month in the Education Center. This month's support group discussion, "You've Got to Move It, Move It," will focus on exercise and activity.

Weight loss seminars are held at 6 p.m. on the fourth Wednesday of each month at the Bothwell Education Center located at 14<sup>th</sup> and Ingram in Sedalia.

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

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