

# NEWS RELEASE

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## **BOTHWELL SURGICAL WEIGHT LOSS SEMINAR IS JULY 23** *Physical Activity Topic for the Support Group Meeting*

SEDALIA - Bothwell Regional Health Center will hold its Surgical Weight Loss Seminar at 6 p.m. on Wednesday, July 23, 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 meets at 7 p.m. in the Bothwell Education Center. This month's topic is "Just Do It," which will provide an in-depth look at exercise and staying motivated to be active.

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](http://www.brhc.org) or find us on Facebook.