

# NEWS RELEASE



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**For Immediate Release**

## **EATING HEALTHY DURING THE HOLIDAYS IS TOPIC OF BARIATRIC SUPPORT GROUP**

**ROANOKE RAPIDS, NC (November 11, 2011)—Eating healthy during the holidays is the topic of the November meeting of the Roanoke Valley Bariatric Support Group.**

Lauren Carroll, a registered dietitian at Halifax Regional, is the speaker for the meeting, scheduled at 6 p.m. Thursday (November 17) at Halifax HealthLink at Becker Village Mall in Roanoke Rapids.

“Throughout the holiday season, we are surrounded by food, whether it is at work, parties or family gatherings,” Carroll points out. “It is important for people who have had bariatric surgery to continue to make healthy choices while enjoying holiday celebrations.”

In her presentation, entitled “Healthful Holiday Tips,” Carroll will discuss how to make better choices during the holidays, how to use healthy substitutions in favorite recipes and how to incorporate physical activity in the holidays.

The support group is open to anyone who has had weight loss surgery, is in the process of having the surgery, or who supports weight loss surgery patients. There is no charge to attend.

For information, contact Robin Isles, RN, staff/patient educator at Halifax Regional at 252 535-8445 or [risles@halifaxrmc.org](mailto:risles@halifaxrmc.org). Halifax HealthLink is a service of Halifax Regional.

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### **About Halifax Regional**

*Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit [www.halifaxregional.org](http://www.halifaxregional.org).*