

# NEWS RELEASE



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**For Immediate Release**

## **MEAL PREPARATION TOPIC OF BARIATRIC SUPPORT GROUP MEETING THIS THURSDAY**

**ROANOKE RAPIDS, NC (September 19, 2011)—The September meeting of the Roanoke Valley Bariatric Support Group will feature a presentation on meal preparation.**

Lauren Carroll, a Registered Dietitian at Halifax Regional, will discuss “Back to the Real World of Real Food” at 6 p.m. Thursday at Halifax HealthLink at Becker Village Mall. Carroll will present information on cooking after bariatric surgery and reintroducing real foods back into the diet of bariatric surgery patients.

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).