

NEWS RELEASE



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For Immediate Release

EXERCISE TOPIC OF SUPPORT GROUP MEETING

ROANOKE RAPIDS, NC (August 17, 2011)—The fifth meeting of the Roanoke Valley Bariatric Support Group will be held next Thursday at Halifax HealthLink at Becker Village Mall.

Robin Isles, RN, staff/patient educator at Halifax Regional, will discuss the importance of exercise and lead the group in some exercises.

“Bariatric surgery is not a cure-all to fix obesity,” says Isles. “It is a tool to help people become what they need to be and have not done on their own. You must be committed to changing your lifestyle and that includes exercise, healthy eating and taking vitamins and medications as prescribed.”

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.

The meeting begins at 6 p.m. next Thursday, August 25. Halifax HealthLink is a service of Halifax Regional. For information, contact Isles at 252 535-8445 or risles@halifaxrhc.org.

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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.