



Weekend In the Pines 2010!

The quiet, wooded setting of Smokey Hills Wilderness Retreat and Conference Center in Osage, MN, (www.smokeyhills.com) will again be the setting for St. Joseph's Area Health Services (Park Rapids) The Center for Weight Management's fourth annual Weekend in the Pines.

Scheduled for October 1 & 2, 2010, the event will begin with registration at 1 p.m. on Friday, October 1st. Participants can spend the afternoon observing a cooking demonstration, speaking to someone about medications, participating in an exercise class, getting a massage, taking a nap, sitting in the hot tub, or whatever "charges the batteries!"

In addition to a guest speaker, Barbara Thompson, Author of "Weight Loss Surgery: Finding the Thin Person Hiding Inside You," other special guests will provide educational opportunities and include a plastic surgeon, sleep specialist, psychologist, and dermatologist.

Weekend favorites will include a "Before & After" presentation, Q & A with the program "Dream Team," and break-out sessions with participants who are on similar weight-loss journeys.

Watch your mailbox, The Center for Weight Management Website (www.weightmanagementmn.com) or call Arlys Hess, Lifestyle Counselor, at The Center for Weight Management (218-237-5588) for more details!



Walk From Obesity 2010

The Center for Weight Management, a cooperative venture between St. Joseph's Area Health Services and Innovis Health Park Rapids, is set to host a *Walk from Obesity* on Saturday, Oct. 2, at the Smokey Hills Wilderness Retreat and Conference Center in Osage, MN. This walk will be held in conjunction with the 4th Annual Weekend in the Pines 2010 to be held at the retreat Oct. 1 and 2.

In cities all across America, those affected by obesity will join forces and walk to raise money for research, education, prevention and treatment of the life-threatening disease of obesity.

Funds raised through this event will support the American Society for Metabolic and Bariatric Surgery (ASMBS) Foundation and the Obesity Action Coalition (OAC) in their efforts to increase research funding for obesity, improve awareness of the negative stigma associated with obesity, and provide educational resources for all those affected by this disease.

A donation is requested to participate in the *Walk* and to show your support for all those affected by obesity. Registration is free for children 12 and under. To register for the 2010 *Walk from Obesity*, please visit <http://www.walkfromobesity.com>.

For more information about the *Walk from Obesity* or the Weekend in the Pines events, please contact Missy Lindow, Lifestyle Counselor at The Center for Weight Management; (218) 255-4311.

POWER Support Group

The next six-week **“POWER Up Your Pouch”** session will be held from 6 to 7:30 p.m. every Thursday, Feb. 11 - Mar. 18, in Lower Level B & C of St. Joseph’s Area Health Services and Innovis Health Park Rapids (600/705 Pleasant Ave.). These classes are geared toward those patients who are at least 18 months post-weight loss surgery and struggling with weight re-gain.

Each session will focus on one of the POWER tools (Protein First, Optimism, Water, Exercise, and Resist Grazing) and include opportunities for weigh-ins, goal setting, and staying accountable for progress made. If you need to get back on track with your weight loss, this is the program for you! The fee is \$50 for first-time attendees and \$30 for repeat attendees. **Pre-registration is required.** Contact Arlys Hess at 218-237-5588 to register.

Support Group Leader Training

St. Joseph's Area Health Services The Center for Weight Management offers weight loss support group leader training once a year. This year’s training is scheduled for Friday, May 14th, 8:30 a.m. to 4:00 p.m., at St. Joseph’s. The training is free but preregistration is required. Contact Arlys Hess at 218-237-5588 if interested in attending.



Y Weight? Support Group

For The Center for Weight Management’s support group schedule for 2010 and a calendar of weight loss support groups that meet in the region, go to www.weightmanagementmn.com.