



FOR IMMEDIATE RELEASE

## **Y Weight? Support Group**

**PARK RAPIDS, MN**– CHI St. Joseph's Health will host its monthly Y Weight? Support Group on Thursday, February 8, at 5:00 pm at CHI St. Joseph's Health Lower Level Conference Rooms B & C.

Groups are for CHI St. Joseph's Health Weight Management Center patients who are post weight-loss surgery or anyone who is interested in weight-loss surgery. The support group meets the second Thursday of every month.

There is also a weekly option. The weekly group meets Wednesdays at 11am at CHI St. Joseph's Health Lower Level HR Conference Room.

For more information, contact Alicia Reardon, CHI St. Joseph's Health Lifestyle Counselor at 218.237.5757 or visit [www.CHISJH.org](http://www.CHISJH.org).

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