



A point in time, marking a key event or accomplishment

THE MONTHLY E-NEWSLETTER OF OKLAHOMA WEIGHT LOSS OPTIONS • NORMAN, OK

Send in questions, recipes, comments, topics of interest, etc.

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MODEL

OPEN

CALL

It is that time again! The 3rd Annual OWLO Bariatric Fashion Show is just around the corner (date to be determined).

If you are interested in modeling this year, please email me the following:

♦ “Before” picture

♦ Completed bio (attached)

If you were a model last year, then I still have your “before” picture.

If you choose to be a model, you will be responsible for attending 2-3 meetings prior to the event itself.

Please pass on the word to fellow patients that you may know.

We are aiming to have 50+ models this year.

This means you too, gentlemen!!!

It is a new year, be proud of your accomplishments and hard work and show off the new you.



Kasey Koster R.D., L.D.

Registered Dietitian & Editor

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Nutrition Supplement Update:

- ♦ Very Berry Cherry Nectar is soon to be discontinued!
- ♦ We now offer New Directions meal replacement in hot chocolate...per your request! It is tasty hot or cold.
- ♦ To make Beneprotein easier to use, we have it available now in single serving packets! One packet has 6 grams of protein.

2006 MODEL BIO

NAME:

ADDRESS:

PHONE NUMBERS:

TYPE OF SURGERY:

INITIAL WEIGHT AND/OR SIZE:

REASON(S) WHY YOU HAD THE SURGERY:

HAPPIEST MOMENT OR ACCOMPLISHMENT SINCE SURGERY:

FUTURE GOALS:



January 2006

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 AGB Support Group- HealthPlex (3rd floor) 6-7pm	6	7
8	9	10 RNY Support Group HealthPlex (3rd floor) 6-7pm <i>Free weight workout demonstration</i>	11 Bariatric Seminar NRH Education Center 6:30-8pm	12	13	14
15	16	17	18	19 AGB Support Group HealthPlex (3rd floor) 6-7pm <i>Building confidence</i>	20	21
22	23	24 RNY Support Group HealthPlex (3rd floor) 6-7pm <i>Building confidence</i>	25 Bariatric Seminar NRH Education Center 6:30-8pm	26	27	28
29	30	31				