

Ready, Set, Walk!

On September 29, 2007 Oklahoma WEIGHT LOSS Options will be helping the American Society for Bariatric Surgery Foundation and the Obesity Action Coalition fight one of the nation's leading causes of death and disability at the *Walk from Obesity*SM. Funds raised through the Walk support research, advocacy and education programs.

Registration

To register for the event you may contact our office or visit www.walkfromobesity.com and click "Join a Walk." Choose the Oklahoma City location to complete registration. Registration fees are \$25.00 per participant.

Sponsors & Pledges

Each walker is encouraged to recruit sponsors for the event. Contact OWLO for a pledge form to aid in the collection of donations. Sponsors may also choose to make pledges online. Visit www.walkfromobesity.com click on "Join a Walk," choose the Oklahoma City location and select the button "Sponsor Walker."

Location

The event will be held at the Oklahoma City Zoo on Saturday, September 29, 2007

- Registration - 8:00 am
- Walk Begins - 9:00 am



Send in your questions, recipes, comments, or topics of interest!

Website: www.owlo.com

Email: nutrition@owlo.com

Fax: 405-364-9112

Address:

3400 W Tecumseh
Suite 205 Norman, OK
73072

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OWLO News:

- ♦ Winter Bathé P.A.-C and her husband welcomed their first child—a beautiful baby girl born August 22, 2007. Congratulations!
- ♦ Oklahoma WEIGHT LOSS Options' non-surgical weight management program BALANCE is now enrolling participants. If you or someone you know is interested please contact us to schedule an appointment.



Oklahoma WEIGHT LOSS Options is recognized by the ASBS as a **Center of Excellence** and is a JCAHO accredited disease specific program in conjunction with Norman Regional Hospital. These two distinctions set OWLO apart from other programs, and require a comprehensive approach to weight loss in addition to the highest level of care to patients.



MOMENTS FROM REFLECTIONS FASHION SHOW



Jeremy Before



Jeremy After

Jeremy had RNY surgery in December of 2006 and has already lost approximately 200 pounds. Jeremy now says he now loves his new life, he even loves exercise! And his favorite new drink—water. Jeremy wants to thank his supportive family, including his wife, parents, sister, in-laws, and especially his new daughter.

Congratulations Jeremy!

Welcome to OWLO!

OWLO would like to welcome our new dietitian, Tiffany Bozarth.

Hi! My name is Tiffany and I am a new Dietitian at Oklahoma WEIGHT LOSS Options. I recently graduated with a Masters of Arts degree in Dietetics from the University of Oklahoma. Prior to that, I graduated from OU with a degree in Health and Exercise Science. I look forward to working with you all!



2007 Walk from ObesitySM

In September and October in cities across America, obesity sufferers and survivors alike will join forces and walk to raise money for research, education, prevention and treatment of the life-threatening disease of obesity.

Obesity rates are climbing in America, putting us at an increased risk for life-threatening diseases, at a cost of \$117 billion every year. Being overweight increases your risk of developing:

- Type 2 diabetes
- Heart Disease
- Cancer
- Osteoarthritis
- Respiratory Problems
- Depression

The Walk from ObesitySM is a national effort that increases public awareness of the disease of obesity, its numerous physical and emotional consequences and the available treatments.

The Walk from ObesitySM is open to anyone who would like to participate, including those who have successfully treated their obesity, those who continually struggle with obesity, family members and friends of patients, healthcare professionals and members of local communities who are interested in advancing the cause of fighting obesity.

The Walk from ObesitySM is the only event that brings together those who are directly affected by the disease of obesity. Participating in this event is key to drawing attention to the disease of obesity and the need for treatment and prevention efforts. Not to mention, the event is fun, a great way to exercise and raise money for a worthwhile cause.

Join Oklahoma WEIGHT LOSS Options as we host our first annual Walk from ObesitySM at the Oklahoma City Zoo on Saturday, September 29, 2007.

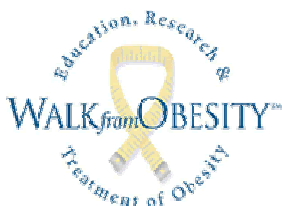
For more information visit www.walkfromobesity.com, or call us at 405-360-7100





September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Bariatric Seminar 3rd Floor HealthPlex 6:30-8:30 pm	6 BAND support group 3rd Floor HealthPlex 6-7 pm	7	8
9	10 Support group: Church of Christ Ada, OK 5:30-6:30	11 RNY support group 3rd Floor HealthPlex (Tecumseh Campus) 6-7 pm	12 Bariatric Seminar 3rd Floor HealthPlex 6:30-8:30 pm	13 Support Group: Lake Overholser Church of the Nazarene 7-8 pm	14	15 Support group: AGB & RNY NRH Education Center (Porter Campus) 11:00-12:30 am
16	17	18 Support group: Cedar Ridge Wesleyan Church Enid, OK 7-8 pm	19 Bariatric Seminar 3rd Floor HealthPlex 6:30-8:30 pm	20 BAND support group 3rd Floor HealthPlex 6-7 pm	21	22
23	24 Support group: Red Cross Office Ardmore, OK 6-7 pm	25 RNY support group 3rd Floor HealthPlex (Tecumseh Campus) 6-7 pm	26 Bariatric Seminar 3rd Floor HealthPlex 6:30-8:30 pm	27	28	29 Walk from Obesity SM Oklahoma City Zoo Registration 8:00 am Walk 9:00 am
30						



Remember to register for the WALK FROM OBESITY to support Obesity research and education. Register online at: <http://walkfromobesity.com/locationmap.php>