

Surgical Weight Loss Informational Meeting

An informational meeting for individuals who are considering having weight loss surgery. The group is facilitated by APMC surgeon, Dr. Ryan Lussenden, and a registered nurse. There is no cost to attend.

2018 Meeting Dates:

- **Feb 7**
- **Jun 6**
- **Oct 3**

All meetings are held from 6:00 to 8:00 p.m. in the Stevens Community Medical Center Conference Room. Call (320) 214-6966 to pre-register, or register online at acmc.com/weightloss/request.

It is always best to lose weight through a healthy diet and regular exercise. But if you are not successful with those techniques and are significantly overweight, you may be a candidate for bariatric surgery.

Surgical options for weight loss include:

- Laparoscopic Sleeve Gastrectomy
- Laparoscopic Gastric Bypass (Roux-en-Y)

