

March 2008

Pay it Forward

This month's topic is going to help us all evaluate ourselves. Have you ever stopped to think how your life is affected by your weight?

What would it be like to do things at your heaviest weight as opposed to doing the same activity at your ideal weight?

We will be looking at just how much our lives have already changed and will continue to change as we lose weight together.

Support Group Changes....

Chehalis Support Group

1st Monday of each month
6:00 pm

Valley View Health Center

To see a list of all of our
Support Groups
Please go to our website
www.pacsurgical.com

If you haven't been to visit us lately, you should schedule an appointment. We have big changes going on around here. Walls are moving, floors are changing, it's a whole new office and we can't wait to share it with you.