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~ For Immediate Release ~

Free Weight Loss Seminar Offered in Niles

(NILES) – The Lakeland Comprehensive Weight Loss Center is offering a free seminar, “Lose Weight...Find Health.” The seminar will be presented from 6:30 to 8:00 p.m. on Wednesday, April 1, at the Lakeland Comprehensive Weight Loss Center at Lakeland Medical Suites, 42 N. St. Joseph St., Niles.

Dr. Michael Schuhknecht, one of Michigan’s most experienced bariatric surgeons and Medical Director of the Lakeland Comprehensive Weight Loss Center, will discuss programs available for losing weight and maintaining a healthy weight for years to come. The Lakeland Comprehensive Weight Loss Center specializes in working with each person to create a customized lifestyle plan, including medical weight loss management through diet or bariatric surgery, nutrition counseling, individualized exercise programs, and monthly support groups.

According to the National Center for Health Statistics, about 190 million adults in the United States are overweight and obese. Individuals more than 40% overweight are twice as likely to die prematurely as someone of average weight. However, the good news is that losing as little as 5-15% of your initial body weight can reduce your risk of diabetes and other illnesses, and can even eliminate your need for some medications.

For more information or to register for the seminar, call (269) 687-4673 or (877) 467-3858. Visit www.lakelandhealth.org or find Lakeland Health on Facebook or Twitter for more classes and events.

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