

Turning Point Group Exercise Class

Free Kickoff Event for Turning Point Patients



Tuesday, Jan. 26, 2010
6:45 to 7:30 p.m.

St. Francis Sports Medicine Center
801 SW Fairlawn in Topeka

(immediately following the Tuesday evening Turning Point support group)*

Stay after support group and join us for the first Turning Point group exercise class! Led by Nanny Matthias, St. Francis Health Center Rehabilitation Services, this free session is specifically designed for Turning Point patients and will feature aerobic and strengthening exercises. The exercise class then begins on a weekly basis for a small fee. For more information, contact Zach Frank, St. Francis Sports Medicine, at 785-228-1700.

**The Tuesday evening Turning Point support group, which normally meets at Tallgrass Surgical Specialists, will be held at the St. Francis Sports Medicine Center on Jan. 26.*

Turning Point Surgical Weight Loss Solutions is a joint project of St. Francis Health Center and Tallgrass General, Vascular and Bariatric Surgery, both of Topeka, Kan. Since 2002, we have performed more than 1,650 bariatric (weight loss) surgeries. We are the region's leader in weight loss surgery and are committed to providing the highest quality in bariatric surgical care.


Turning Point
Surgical Weight Loss Solutions
ST. FRANCIS HEALTH CENTER • TALLGRASS SURGICAL SPECIALISTS