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FOR IMMEDIATE RELEASE

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**Weight Loss: Diet & Nutrition will be the topic
for South Lake Hospital's November Health & Wellness Series**

Clermont, Fla. – Weight Loss: Diet & Nutrition will be the educational topic of South Lake Hospital's November Health and Wellness Series being held at the National Training Center on Thursday, November 19, 2009, from 6:00 p.m. to 7:00 p.m. The educational program will be presented by Annil Sawh, M.D., board certified in Internal Medicine, followed by a short question and answer session.

Learn about how diet and nutrition can affect your weight loss. Including information on the benefits of physical activity that may help reduce the health risk of our manage chronic diseases, such as type 2 diabetes, high blood pressure, cholesterol, heart disease, osteoporosis, arthritis, depression, and some cancers.

The event is open to the public at no cost. For more information and to register, please call 352.394.4071, extension 4412. The National Training Center, part of South Lake Hospital, is located at 1109 Citrus Tower Blvd. in Clermont on the hospital campus.

South Lake Hospital is a not-for-profit acute care community hospital, in partnership with Orlando Health. South Lake Hospital has been providing quality healthcare services to the South Lake County for over 60 years. For additional information about South Lake Hospital visit www.southlakehospital.com.

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