

# It's not about losing weight overnight.

# It's about staying healthy over time.

At Robert Wood Johnson University Hospital Rahway, instead of emphasizing short-term goals like reducing the size of your waist, we focus on long-term benefits like reducing your risk of diabetes, sleep apnea and hypertension. Beginning with a nurse navigator, every aspect of the program, including bariatric surgery, will be clearly presented so you can make the right choice.

Our program is located at Robert Wood Johnson University Hospital Rahway, offering on site services such as laboratory, ultra-sound, sleep study facilities and nutritional counseling. Each office visit includes seeing the surgeon, a bariatric certified nurse and a Registered Dietitian.



Please join Bariatric Surgeon

**Anish Nihalani, MD, FACS, FASMBS**

Informational seminar begins at 6:30 p.m. A support group for those considering or those who have had bariatric surgery is held on seminar days at 5:30 p.m.

|               |             |                |
|---------------|-------------|----------------|
| January 26th  | May 25th    | September 28th |
| February 23rd | June 22nd   | October 26th   |
| March 23rd    | July 27th   | November 16th  |
| April 27th    | August 24th | December 21st  |

For an invitation and registration to these seminars or for a consult, please call: **732-499-6300**

**Robert Wood Johnson  
University Hospital  
Rahway**

**RWJBarnabas  
HEALTH**

Let's be healthy together.

[rwjbh.org/weightloss](http://rwjbh.org/weightloss)

