



M A G A Z I N E SEPT/OCT 2009

Dear OH Readers,

Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all. ~Stanley Horowitz

Autumn is without a doubt my favorite time of the year. I am always in awe of the simple beauty that nature brings as the Autumn leaves dance gently, sometimes furiously, and start to fall away and reveal the very bare innocence of the tree's they once decorated. For me, Autumn brings a festival in which the foliage takes center stage. The reds, yellows, oranges, golds and browns are a celebratory reminder that Summer is gracefully letting go to support another season and that the holiday season is on the horizon. Nature is making a transformation, shedding layers, just as we all are wherever we may be on our weight loss journey. It's so amazing to be able to share in the beauty of the life around us and in the journeys of our friends and peers.

In this Autumn issue of *OH Magazine*, we celebrate the remarkable transformations and inspirations of many OH members. Author and life coach, Nova Reed provides tips on how to cope with the changes in our lives, and we learn how to manage our feels and how to prevent weight regain. Dr. Thomas McNemar writes about what to look for when choosing a plastic surgeon and speaking of transformations, OH Member, Kemalani shares the milestones within her personal weight loss journey. (Yea Kemalani!) I hope you enjoy the great articles in this issue of *OH Magazine* and I wish for you a happy and healthy fall season.

All my best,

Tammy J Colter

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