



Special Announcements

Monthly Support Group

Embark on this exciting journey with our support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

Education Seminar

Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process of bariatric surgery. Scan the QR code at the bottom of this page or visit RWMCWeightLossOptions.com to register. Empower yourself to make informed decisions for a healthier life!

Success Stories

We're celebrating success stories! If you've achieved your weight loss goals through our medical weight management program or bariatric surgery, we'd love to hear from you. Share your journey to inspire others and showcase your incredible transformation. With your permission, we'd like to feature your photo and story to highlight the life-changing results of your achievements. Send your story to Amber.Schulze@rwhs.org today!

Upcoming Events:

In-Person Support Group

March 5, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Join the Discussion: Discover
the Hidden Costs of Tiny Bites

In-Person Support Group

April 2, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Join the Discussion: Break
Free From Within: Redefining
Self and Health



SCAN ME

Ask the Expert

Obesity is Not a Motivation Problem

Almost daily people come into the office asking, “Why don’t just do it?” as if weight loss is purely a matter of willpower. This misconception is harmful. Obesity is a complex medical condition influenced by genetics, physiology, environment, and social factors — not just motivation.

Many people believe that if they were truly motivated, they would lose weight. But motivation isn’t the issue. If you take care of your family, go to work, or complete daily responsibilities, you already are motivated. The challenges lie in where and how that motivation is directed, as well as the biological and environmental obstacles that impact weight regulation. Studies show that being harder on yourself does not improve motivation; it often has the opposite effect.

Even after weight loss, maintaining it is difficult due to metabolic adaptations, environmental triggers, and physiological responses. Long term success requires ongoing medical, emotional, and lifestyle support. Viewing obesity as a motivation issue oversimplifies a complex reality and contributes to self-blame and stigma. Instead of focusing on motivation alone, embracing a broader understanding of obesity fosters self-compassion and empowers sustainable strategies. Success comes from knowledge, support, and long-term commitment to overall well-being — not just sheer willpower.

Warmest regards,
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

Dietitian’s Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

Here is a bariatric-friendly meal that is high in protein, low in calories, and easy to prepare.

Mediterranean Zucchini

- 2 zucchinis, cut in half, lengthwise
- 2 tsp olive oil
- ½ tsp. lemon zest
- ½ tsp. dried basil
- ½ tsp. dried oregano
- 1/8 tsp. crushed red pepper flakes
- 1/8 tsp. salt
- 4 tsp. grated Parmesan cheese

Preheat the oven to 400 °F. Place the zucchini with the cut side up on a baking sheet. Drizzle the oil over each half. In a small bowl, stir together the lemon zest, basil, dried oregano, crushed red pepper flakes, and salt. Sprinkle over the zucchini.

Bake for 20 minutes, or until zucchini is just tender.

Remove from the oven. Immediately sprinkle each with 1 tsp. of Parmesan cheese. Let stand for 5 minutes before serving.



Health Tips

Mental and Physical Health are Intertwined

Mental and physical health are deeply intertwined. Stress can disrupt sleep, anxiety can cause digestive issues, and emotional struggles impact overall well-being. Unlike visible injuries, mental health challenges are often overlooked, yet they are just as important to address. Regular exercise, a balanced diet, quality sleep, and positive self-talk can improve mental health. Seeking support through therapy or medical care is a sign of strength. Prioritizing both mind and body leads to lasting well-being.