

WHAT TO EXPECT

You will not be alone on your journey. Our team will be here to guide and support you—to give you the tools you need to succeed on your journey.

ARE YOU READY FOR A CHANGE INSIDE AND OUT?

The WINH Program will...

Change the way you eat...

You will meet with our Registered Dietitian and receive individualized nutrition education and customized meal planning before and after your surgery.

Change the way you move...

You will meet with our Exercise Specialist to develop an exercise plan tailored to your individual needs and abilities. A structured exercise program is crucial to successful long term weight loss.

Change the way you think...

You will attend classes with our specially trained staff to help you develop a new relationship with food and learn strategies for positive lifestyle changes which promote long term success.

Support your change...

Our optional monthly support groups will allow you to meet with others who are going through the same process. Listen and share your challenges and successes.