

# hi!

I'm Maureen! I've struggled with weight management most of my life and eventually stopped caring altogether. I signed up for Health Basics with low expectations – little did I know my entire relationship with food would change for the better.



## All about Maureen...

**Age:** 57

**Referring Doc:** Dr. Rokosh

**Programs:** Nutrition & Mental Health

**Residency:** Morinville

**Classes:** Health Basics

**Goal:** Be a healthy weight by 60

## Patient Success Story

### What led you to the Health Basics program at the SASPCN?

I've always been relatively active but had a bad relationship with food. When my family doctor suggested gastric bypass surgery, I was shocked. She also referred me to the SASPCN where I then started making positive changes to my health.

### What did you take away from Health Basics?

I was surprised about my lack of food knowledge. The program provided me with the tools needed to maintain my 50 lb weight loss and helped change my mindset of using food as fuel. I gained so much confidence and feel proud of the changes I continue to make.

### What challenges do you currently face?

I work hard to maintain routine and manage stress. When I am stressed and my routine is off, I find it harder to stay on track. But I am doing it! The process takes a while and patience is critical.

### What advice would you give others who may be struggling with food?

Be open to learning and throw away preconceived notions of food. And most importantly figure out what works for you!

Our PCN Dietitians are nutrition experts and your trusted source for advice and resources. We will help you to gain the nutrition knowledge, skill and confidence needed to improve your health.