



Center for Medical and
Surgical Weight Loss

BROWNHealth
UNIVERSITY

Weight Loss Success Striders

Center for Medical and Surgical Weight Loss / Winter 2025

Hot Topics at Upcoming Meetings

2026 WLSS Meetings

In Person on the First Tuesday Monthly:
530 pm to 630 pm at The Miriam Hospital

Jan 13: Sustainable Self Care

Feb 10: Weight Recurrence

Mar 10: Plastics Dr Russel

Apr 14: Spring into Fitness

May 12: Patient Panel

Jun 09: Nutrition

Jul 14: Stress Management/Self Care

Aug 11: Obesity Medication Update

Sep 08: Dr Sullivan: "Reconstructive
Plastic Surgery after Bariatric Surgery"

Oct 13: Patient Panel

Nov 10: Holiday Prep and Survival

Dec 8: Ask the DOC Night

Please send your topic ideas to
CMSWL@brownhealth.org



Special Announcements

TREO FOUNDATION WALK : Stomp the Stigma Update: \$11,878.00 raised and 86+ Participant (10/18/25)

- All support groups are in person at The Miriam Hospital. To register in advance for the support groups, please call 401-793-3922 or check our Facebook page.
- Please join our private Facebook group page, **Center for Medical and Surgical Weight Loss**. This is a safe space to share feelings, thoughts, triumphs and challenges as you continue your wellness and better health journey.
- All Patients are **required** to attend AT LEAST ONE WLSS group prior to surgery date or starting of medications.

Less weight, more health.

For more information on options for the treatment for the disease of obesity, call **401-793-3922**.

Winter Health Checklist

☐ **Get 10–15 minutes of daylight daily**

Even brief morning light boosts mood and energy.

☐ **Keep sleep steady (7–9 hours)**

Consistency helps immunity and stress resilience.

☐ **Prioritize protein at every meal**

Supports metabolism, blood sugar stability, and healing.

☐ **Stay hydrated**

Aim for regular water intake, warm herbal teas, or broths.

☐ **Move your body each day**

Short walks, stretching, or quick strength work all count.

☐ **Schedule social connection**

Plan one weekly check-in with a friend, colleague, or group.

☐ **Build in stress resets**

Deep breathing, journaling, or stepping outside for 2–3 minutes.

☐ **Protect your skin & airways**

Use moisturizer and consider a humidifier in dry indoor spaces.

☐ **Keep up with hand hygiene**

Simple, effective illness prevention during peak infection season.

Winter 2025 Wellness Focus: Protect Your Energy With Small, Steady Habits

As winter settles in, many people notice their energy, motivation, and mood dip a bit. Short days, colder weather, and busier schedules can make it harder to stay connected to healthy routines. This season, try grounding yourself in one small habit that supports your well-being.

Choose something simple and realistic—10 minutes of fresh air, a short stretch routine before bed, a daily protein-forward meal, or a moment of mindfulness during a break. These tiny actions might feel insignificant, but they stack up. They help regulate mood, support metabolism, and keep you feeling centered during the darker months.

And remember winter wellness isn't about perfection. It's about consistency and self-compassion. When you take small, steady steps each day, you build a foundation that carries you into spring feeling stronger, calmer, and more resilient.

Want to speak to a WLSS mentor for additional support throughout your journey?

Do you want to “pay it forward” by becoming a WLSS mentor?

If so, please send a request to our CBS email at CMSWL@brownhealth.org

FEATURED RECIPE OF THE MONTH

Turkey Sweet Potato Sliders

from www.starinfinitefood.com

Ingredients/Tools Needed:

- 1 lb lean ground turkey
- 1 cup onion, minced
- 1 teaspoon chipotle seasoning mix (salt free)
- ½ teaspoon cumin
- ½ teaspoon lime zest
- 1 Tbsp lime juice
- ½ tsp salt
- 2 teaspoons olive oil

Instructions:

1. Preheat your oven to 375 degrees
2. Mix together all ingredients in a medium sized bowl
3. Form mini sliders (about 2 inches wide) and place on baking sheet
4. Bake for 25 minutes or until cooked through



Special Notes:

- For a healthier twist on the traditional slider, serve on roasted sweet potato rounds for extra fiber and nutrients. Top with leafy greens, shredded purple cabbage, avocado and tomato.
- To enjoy a plant-based slider, replace the ground turkey with a mixture of black beans (mashed) and quinoa.