



Center for Medical and  
Surgical Weight Loss

**BROWN**Health  
UNIVERSITY

# Weight Loss Success Striders

Center for Medical and Surgical Weight Loss / Spring 2026

## Hot Topics at Upcoming Meetings

### 2026 WLSS Meetings

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

**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](mailto:CMSWL@brownhealth.org)

### Special Announcements for Spring 2026

**SAVE THE DATE: TREO FOUNDATION WALK : No One Left Behind : 09/12/26. MORE INFO COMING!**

All support groups are in person at The Miriam Hospital. To register in advance for the support groups, please call 401-793-3922

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**.

## Spring Health Checklist

- Get outside for fresh air

Gentle sunlight and mild temps help lift energy and support natural circadian rhythms.

- Refresh your sleep routine

Longer days can shift habits—keep a steady bedtime to stay balanced.

- Add seasonal produce to meals

Leafy greens, berries, and spring vegetables offer fiber and nutrients that support overall wellness.

- Stay hydrated as temperatures rise

Regular water intake helps with energy, digestion, and focus as activity levels increase.

- Reintroduce outdoor movement

Light walks, gardening, or easy bike rides help rebuild strength after winter's slower pace.

- Support your allergies

Keep windows closed on high-pollen days and consider simple strategies like rinsing off after being outdoors.

- Declutter your environment

A quick spring reset—clearing surfaces, opening windows, refreshing your space—can boost mental clarity.

- Prioritize social time

Plan a weekly walk, coffee, or shared activity to reconnect as people become more active again.

- Build in stress pauses

A few minutes of stretching, breathing, or stepping outside can help reset your nervous system.

- Maintain hand hygiene

A steady habit that continues to reduce everyday illness risk year-round.

## Spring Into Balance: A Seasonal Reset for Mind and Body

Spring has a way of nudging people back into motion. After months of shorter days and heavier routines, the season brings a natural sense of renewal that can be harnessed for better well-being. Longer daylight hours help reset the body's internal rhythms, making it an ideal time to reestablish consistent sleep patterns and spend more moments outdoors. Even brief exposure to morning light can support mood and energy, while the milder weather encourages gentle movement like walking, stretching, or gardening.

Nutrition often gets a seasonal boost in spring as well. Fresh produce—think leafy greens, berries, and early vegetables—begins to reappear, offering an easy opportunity to add color and nutrients to meals. Hydration also becomes more important as temperatures rise and activity levels increase. Many people find that a simple shift toward lighter, more water-rich foods and steady fluid intake helps with digestion, focus, and overall vitality.

Spring is also a good moment to refresh mental and emotional habits. Decluttering living spaces, opening windows, and reconnecting socially can create a sense of clarity and momentum. For those who experience seasonal allergies, a bit of planning—like monitoring pollen levels or rinsing off after outdoor time—can make the season more comfortable. With a few intentional choices, spring becomes not just a change in weather but a meaningful reset for mind and body.

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](mailto:CMSWL@brownhealth.org)



### Spring Health Feature Recipe: Lemon-Herb Chicken & Asparagus Skillet

*A light, protein-packed dish to celebrate the season*

#### Ingredients (4 servings)

##### For the Chicken

1 lb boneless, skinless chicken breasts (thinly sliced or pounded)  
1 tbsp olive oil; ½ tsp salt; ½ tsp black pepper;  
1 tsp garlic powder;  
1 tsp onion powder; 1 tsp dried Italian herbs (or mix basil/oregano/thyme)

##### For the Skillet

1 bunch fresh asparagus, trimmed and cut into thirds; 1 cup cherry tomatoes, halved; 2 cloves garlic, minced; Juice and zest of 1 lemon; ¼ cup low-sodium chicken broth; 1 tbsp chopped fresh parsley; Optional: 1–2 tbsp grated Parmesan for topping

#### Directions

##### Season the chicken:

In a bowl, coat the chicken with olive oil, salt, pepper, garlic powder, onion powder, and dried herbs.

##### Sear the chicken:

Heat a nonstick skillet over medium heat. Add chicken and cook 4–5 minutes per side until golden brown and cooked through. Remove and set aside.

##### Cook the vegetables:

In the same pan, add garlic and asparagus. Sauté for 2–3 minutes. Add tomatoes and cook another 2 minutes.

##### Deglaze with flavor:

Pour in chicken broth, lemon juice, and zest. Simmer 2–3 minutes until vegetables are tender and broth slightly reduces.

##### Combine and finish:

Return chicken to the skillet, spoon sauce over the top, and sprinkle with fresh parsley (and Parmesan if desired).