



Center for Medical and Surgical Weight Loss

**BROWN**Health  
UNIVERSITY

# Weight Loss Success Striders

Center for Medical and Surgical Weight Loss / Summer 2026



Presented by:



Center for Medical and Surgical Weight Loss  
**BROWN**Health  
UNIVERSITY

2026 WLSS Meetings **Hot Topics at Upcoming Meetings**

In Person : First Tuesday Monthly: 530 pm - 630 pm  
@ Miriam Hospital

## RHODE ISLAND

SATURDAY  
SEPT 12

JOHNSTON MEMORIAL  
PARK

9:00 - 1:00 PM

1583 HARTFORD AVE.  
JOHNSTON, RI 02919

**Register early and save!**  
[TreoFoundation.org/Walk](http://TreoFoundation.org/Walk)

### At The Walk:

- Visit exhibitors - Learn about obesity care services
- Network with community members
- Receive a Walk event t-shirt. (while supplies last)



Thank You to Our National Sponsor:



### "No One Left Behind"

This meaningful message reflects TREO Foundation's ongoing commitment to support every stage of the obesity treatment journey - from patients and individuals living with obesity, to the healthcare providers and researchers working to expand and improve treatment options to help patients achieve healthy outcomes.

SCAN ME



Supporting:



All Patients are **required** to attend AT LEAST ONE WLSS group prior to surgery date or starting of medications.

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

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

Please send your topic ideas to [CMSWL@brownhealth.org](mailto:CMSWL@brownhealth.org)

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.

## Special Announcement for Summer 2026

REGISTER FOR THE TREO FOUNDATION WALK : No One Left Behind : 09/12/26.

To be a LOCAL SPONOR: [WALK2026 Local Prospectus - Rhode Island](#)

To Register : [TREO Foundation's The Walk Event Page](#)

Less weight, more health.

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

As temperatures rise and sunny days stretch longer, it's easy to get caught up in summer fun—whether you're enjoying the outdoors, traveling, or simply soaking up the warmth. But one of the most important (and often overlooked) aspects of summer health is **staying properly hydrated**.

### Why Hydration Matters More in Summer

When it's hot outside, your body works harder to regulate its temperature—primarily through sweating. While this natural cooling mechanism helps keep you safe, it also means you're losing more fluids than usual. Without replacing that lost fluid, you can quickly become dehydrated.

Even mild dehydration can lead to:

- Fatigue and low energy
- Headaches
- Dizziness or lightheadedness
- Decreased concentration

More severe dehydration can be dangerous, especially for children, older adults, and those with underlying health conditions.

### How Much Water Do You Really Need?

A common guideline is the “8 cups a day” rule, but in summer, your body often needs more—especially if you're active or spending time outdoors. A better approach is to:

Drink **consistently throughout the day**

Increase intake when exercising or in direct heat

Pay attention to your body's signals (thirst, dry mouth, dark urine)

### Simple Ways to Stay Hydrated

Staying hydrated doesn't have to feel like a chore. Try these easy tips:

**Carry a reusable water bottle** and keep it within reach  
**Add flavor naturally** with slices of lemon, cucumber, or berries

**Eat water-rich foods** like watermelon, cucumbers, oranges, and lettuce

**Set reminders** if you tend to forget to drink

**Balance with electrolytes** when sweating heavily (sports drinks or coconut water can help)

### Watch Out for Dehydration Triggers

- Certain habits can increase your risk of dehydration:
- Drinking too much caffeine or alcohol
- Spending long periods in direct sunlight
- Skipping snacks or meals
- Ignoring early signs of thirst
- Being mindful of these factors can help you stay ahead of dehydration before it starts to impact your day.

### Make Hydration a Daily Habit

Think of hydration as part of your daily wellness routine—just like eating balanced meals or getting enough sleep. A well-hydrated body supports better energy, clearer thinking, healthier skin, and improved overall performance.

### Final Thought:

Summer is meant to be enjoyed—so don't let dehydration slow you down. Keep water nearby, listen to your body, and make hydration a simple, consistent habit every day.

Stay cool, stay refreshed, and have a healthy summer! 

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)



Summer Recipe: Light, crisp, and satisfying—this **Cucumber Chickpea Salad** is a summer staple that supports your Healthy Journey without sacrificing flavor. Stay cool, nourished, and energized with every bite!

### Ingredients (Serves 2–3)

- 1 can chickpeas (drained and rinsed)
- 1 large cucumber (diced)
- 1 cup cherry tomatoes (halved)
- ¼ red onion (finely chopped)
- 2 tablespoons fresh parsley (optional)
- Juice of 1 lemon
- 1 tablespoon olive oil
- Salt & pepper to taste

### Instructions

1. In a large bowl, combine chickpeas, cucumber, tomatoes, and red onion.
2. Add lemon juice, olive oil, salt, and pepper.
3. Toss gently until well mixed.
4. Sprinkle with fresh parsley for a burst of flavor.
5. Chill for 15–20 minutes before serving for a refreshing boost.

### Quick Tips

- Add grilled chicken or feta for extra protein (optional).
- Swap lemon for balsamic vinegar for a different flavor twist.
- Store in the fridge for up to 2 days—perfect for meal prep!