



# Weight Management for Women:

A collaborative approach  
with your OBGYN team.



PREMIER  
WOMEN'S HEALTH

OF MINNESOTA

OAKDALE OBGYN

Blaine | Maple Grove | Plymouth



# Achieve Your Health Goals with **Expert Support**

Welcome to our **Weight Management Program**, where we strive to help women of any age be and stay healthy. This program is designed specifically for women who are looking to achieve a healthy weight with the guidance of our trusted OBGYN team. We're here to provide expert support and foster long-term strategies for weight maintenance success.

## Why Partner with Your OBGYN for Weight Management?

Our team includes OBGYN doctors, a registered dietitian, and physical therapists who understand the unique challenges women face when it comes to weight management. Whether you're planning for pregnancy, managing menopause, or addressing hormonal imbalances, a weight management program designed with your health in mind can make all the difference.

### Our Program Offers:

- **Personalized Health Assessments**  
Our team will conduct a comprehensive evaluation of your health, including weight, hormonal balance, and overall wellness.
- **Customized Nutrition Plans**  
Our registered dietitian will work with you to create a sustainable nutritional plan that fits your lifestyle and health needs.
- **Safe and Effective Exercise Guidance**  
Ways to incorporate movement into your daily routine in a way that feels good and supports your goals. Our physical therapy team is ready to help you.
- **Medical Support and Monitoring**  
If needed, our team can provide medical interventions, such as hormone therapy or medications, and help in navigating these aspects of your program.
- **Emotional and Behavioral Support**  
Our program includes counseling resources to help with emotional and behavioral facets of weight management.

## Who Can Benefit?

Our program is designed for women at any stage of life who:

- Struggle with weight gain due to hormonal changes
  - Are looking to improve fertility and pregnancy health
  - Need support in managing conditions like PCOS or menopause
  - Want to achieve a healthy weight before or after pregnancy
  - Are seeking a sustainable, medically supported approach to weight loss
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## Take the First Step **Today**

Your journey to a healthier you starts here. Schedule a consultation with our team today to learn more about how our Weight Management Program can help you achieve lasting results.

### Get Started

To learn more about our **weight management program**, call **763-587-7000** or talk to your provider.



## About Our Team

### **Robin Prugno, DO, MSCP**

Dr. Robin Prugno, DO, MSCP, is a dedicated OBGYN physician committed to guiding women through every stage of life, from pregnancy and childbirth to menopause and beyond. Passionate about breaking the silence on often-overlooked topics such as hormonal imbalances, abnormal bleeding, obesity, and menopause, she strives to empower and educate her patients. In her practice, Dr. Prugno values the variety of care she provides, including office-based treatments, minimally invasive procedures, surgery, and labor and delivery. She is a Menopause Society Certified Practitioner (MSCP), ensuring specialized expertise in menopause management.

### **Katie Timcho, CNP, WHNP-BC, MSCP**

Nurse Practitioner Katie Timcho is honored to care for women through every stage of life, viewing it as both a privilege and a humbling experience. Dedicated to supporting women on their path to wellness, she prioritizes providing compassionate, comprehensive care. Her goal is to ensure every patient leaves their appointment feeling informed, empowered, and confident in making decisions about their health. As a Menopause Society Certified Practitioner (MSCP), she brings specialized expertise to menopause care and beyond.

### **Kim Plessel, MS, RDN, LD**

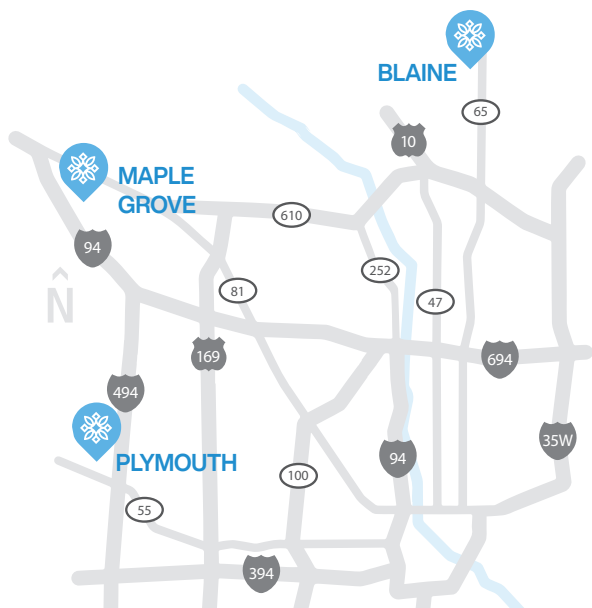
Kim Plessel is a registered and licensed dietitian with over 20 years of experience. She has advanced training and certifications in weight loss and women's health specific to menopause, endometriosis, PCOS and fertility.

As part of our team, Kim supports patients in: Ensuring nutrient adequacy for health; Providing personalized meal plan resources; protecting lean muscle and strength during weight loss; navigating the side effects of weight loss medications; and fostering long-term strategies for weight maintenance success.

### **Charet Pelkey, PT Karissa Stensgard, DPT**

Our physical therapy team brings advanced training in women's health physical therapy specific to weight management, bladder and bowel problems, including, bladder leakage, constipation, and prolapse, and sexual dysfunctions.

As part of our weight management team, Charet and Karissa support patients in: addressing concerns that include back and hip pain or urinary leaking that make movement and exercise difficult; providing a starting point and core foundation for exercise and movement; developing an exercise mindset that focuses on activity consistency and follow-through.



## Three Convenient Locations

### Blaine Medical Center

11855 Ulysses St., NE, #240  
Blaine, MN 55434

### Maple Grove

9825 Hospital Drive, #205  
Maple Grove, MN 55369

### Plymouth

3007 Harbor Lane North, #1400  
Plymouth, MN 55447



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**PREMIER** WOMEN'S  
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Early, late and Saturday morning  
appointments available.

Appointments: 763-587-7000

[premierwomenshealthmn.com/oakdaleobgyn](https://premierwomenshealthmn.com/oakdaleobgyn)