



Weight Management for Women:

A collaborative approach
with your OBGYN team.



PREMIER
WOMEN'S HEALTH

OF MINNESOTA

OBGYN WEST

Chaska | Eden Prairie | Minnetonka | Waconia



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 and family medicine doctors, and a registered dietician 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**
Tips to incorporate movement into your daily routine in a way that feels good and supports your goals.
- **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 **952-249-2000** or schedule online at **premierwomenshealthmn.com/obgynwest**

About Our Team



Matthew Bigos, MD

OBGYN physician, Dr. Matthew Bigos, has been described by patients as invested in their care and approachable, with a warm sense of humor. He is empathetic, a good listener, and takes the time to attend to and explain health concerns in an understandable language.

His areas of interest include minimally invasive surgery, high-risk obstetrics, endometriosis, weight management medicine, and adolescent gynecology.



Gretchen Soberay, DO

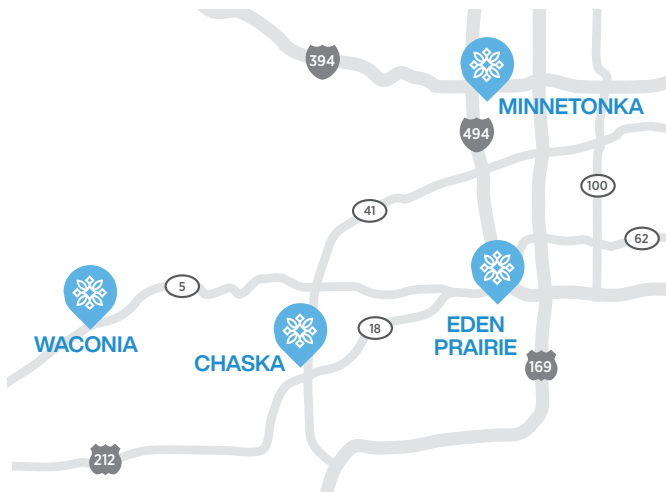
Dr. Gretchen Soberay is a family medicine physician whose true passion is caring for women and teens. Her interests include the full spectrum of family medicine including adolescent health, chronic disease, sports medicine, and weight loss/diet/exercise counseling. She especially enjoys making personal connections with her patients.



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.



Four Convenient Locations

Chaska

111 Hundertmark Road, Suite 410
Chaska, MN 55318

Eden Prairie

800 Prairie Center Drive, Suite 130
Eden Prairie, MN 55344

Minnetonka

14001 Ridgedale Drive, Suite 200
Minnetonka, MN 55305

Waconia

560 South Maple Street, Suite 220
Waconia, MN 55387



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Appointments: 952-249-2000

premierwomenshealthmn.com/obgynwest

