



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.

About Our Team

Our team includes OBGYN doctors, advanced practice providers, dietitians 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.

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.

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

Get Started

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



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



OAKDALE OBGYN

PREMIER WOMEN'S
HEALTH
OF MINNESOTA

Early, late and Saturday morning
appointments available.

Appointments: 763-587-7000

premierwomenshealthmn.com/oakdaleobgyn