



# WEIGHT LOSS PROGRAM

**Weight Loss Support Made Easy.**

- Feeling the impact of extra weight on your mood, confidence, or health?
- Struggling with high blood pressure, diabetes, or low energy?
- Ready for support on your journey to lasting weight loss?

Weight loss can be hard. Our weight loss counseling program helps you get to the root of what's been preventing long-term success. It's based on behavioral weight management, a form of talk therapy that explores your relationship with food, reviews your eating patterns, and offers strategies to better manage stress.

**To get started, contact one of the providers below to schedule an appointment:**



Dr. Asha Chaudhary, PhD, Cognitive Behavioral Therapist

Phone: 972-941-0861

Email: [hello@meridianweightwellness.com](mailto:hello@meridianweightwellness.com)



Dr. Amanda G. Glover, PsyD, Licensed Psychologist

Phone: 469-291-9009

Email: [Dr.Glover@MontereyPS.com](mailto:Dr.Glover@MontereyPS.com)



Dr. Nicole M. Bereolos, PhD, MPH, MSCP, CDCES, FADCES

Clinical Psychologist/Certified Diabetes Care and Education Specialist

Phone: 972-768-7994

This program is available to Collin County employees **free of charge**. No out-of-pocket cost per visit!



This program is only available to Collin County employees, not their dependents.