Women’s Excellence Offers Weight Management and Wellness Program to Help You This New Year

*Women’s Excellence will help you get to where you want to be.*

DETROIT (PRWEB) January 23, 2019 -- Women’s Excellence in Obstetrics and Gynecology offers a weight management and wellness program to help women lose weight and maintain a healthy lifestyle. The specialists at Women’s Excellence will review dietary habits, exercise routines, and other lifestyle factors that can contribute to weight gain and your overall health.

In the program, women will work one-on-one with a wellness specialist to identify overall needs, goals, and a follow-up schedule. Typically, patients follow-up with their wellness specialists each month to monitor progress and identify any adjustments that need to be made to their plan.

"Our goal is to help women get to where they want to be. We partner with our patients to teach them healthy lifestyle habits and how to hold themselves accountable to reach their goals."- Dr. Jonathan Zaidan, President of Women's Excellence

For more information or to schedule an appointment, visit [http://www.WomensExcellence.com](http://www.WomensExcellence.com). Online Patient Support Specialists are available Monday through Friday from 8am-5pm to assist new, current, and prospective patients. The chat is located at the bottom right corner of your computer or mobile device screen at [http://www.WomensExcellence.com](http://www.WomensExcellence.com). During offline hours, all chats sent will be messaged directly to a Women’s Excellence team member. Offline messages will receive a response within 24 hours. Messages received during the weekend will be answered the next business week.

Women’s Excellence is the most comprehensive obstetric and gynecologic office in Michigan. Additionally, they specialize in menopause, weight control, bladder control, endometriosis, robotic surgery, oncology, and midwifery services. Women’s Excellence is committed to staying at the forefront of innovation with cutting edge technologies utilizing robotic surgery and minimally invasive surgical options when possible. The knowledgeable, compassionate physicians and healthcare providers of Women’s Excellence focus on patient-centered processes to deliver the highest quality of care. They are affiliated with most insurances. They offer seamless medical record access via a state-of-the-art patient portal and use the latest technology for record keeping and sharing, making the patient experience easier and more efficient. Women’s Excellence is taking new patients and is conveniently located throughout southeastern Michigan in Birmingham, Lake Orion, Clarkston, Rochester, and West Bloomfield. Coming soon, Women’s Excellence will open locations in Royal Oak and Lapeer, Michigan. For more information, visit [http://www.WomensExcellence.com](http://www.WomensExcellence.com).
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