

Struggling with Weight Loss?

We help you build a healthy relationship with food and life.



About us

At Sweet Life Wellness, we provide comprehensive and medically guided weight loss programs designed to help you feel your best—physically, emotionally, and mentally. Whether you're navigating menopause, managing type 2 diabetes, or exploring GLP-1 medications, we're here to support your journey to better health.



Kay Loughrey
Licensed, Registered Dietitian-Nutritionist

What We Offer

- Personalized nutrition plans tailored to your lifestyle and health goals
- Expert support for GLP-1 medication users (Ozempic, Wegovy, Mounjaro)
- Specialized care for midlife women and hormonal changes
- Tools to overcome emotional and stress eating habits
- Virtual and flexible appointments for convenience

What to Expect

We begin with a comprehensive assessment, followed by a customized care plan. You'll work one-on-one with a registered dietitian who will guide you through practical strategies, goal setting, and long-term success planning.

Is It Right for You?

This program is ideal for those who:

- Are taking or considering GLP-1 medications
- Have insulin resistance, prediabetes, type 2 diabetes or other diet-related chronic conditions
- Are experiencing weight changes during perimenopause or menopause
- Want to break free from dieting and find a sustainable approach to health

Click [here](#) for more information

Ready to Get Started?

Schedule Your Free Consultation

Phone: 301-869-1787

Web: www.sweetlifewellness.com

E-Mail: kay@sweetlifewellness.com



SweetLifeWellness
HAPPY LIFE. HEALTHY WEIGHT.

