



Kay Loughrey
Licensed, Registered Dietitian-Nutritionist

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.



SweetLife
Wellness
HAPPY LIFE. HEALTHY WEIGHT.

www.sweetlifewellness.com

Struggling with Weight Loss?

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



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What We Offer

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

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

Ready to Get Started?

Schedule Your Free Consultation

Phone: 301-869-1787

Web: www.sweetlifewellness.com

E-mail: kay@sweetlifewellness.com

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