Jackie's Registered Dietitian testimony:

I want to share with you my experience with Melissa Rickmeyer. December of last year (2024), I read one of the wellness posts and there was something about a dietitian. I was struggling with dropping weight. I have spinal issues and need to keep my weight down. I was not eating much but not losing either. My bone density was -3! I set up an appointment with the dietitian in January 2025 and it has so changed me! For years I have struggled with weight, but she straightened out misconceptions I had and has been there every month to support me. I have dropped 20 pounds! Melissa told me I needed to build weight to lose so I started at the gym with a trainer. I worked with my Rheumatologist to work on bone density.

Melissa got me using "My fitness pal" app, which is awesome. I am 75, dropped the 20 lbs, lift weights, pulling some good lab numbers, and my bone density is now -1! My back, which is an ongoing issue, is more manageable and I have more energy and overall feel so much better. Holidays a bit tough but I have management and my dietitian helps me with appropriate ways to slack and get back. This is the best benefit our District offers, and I think it is very underused and underappreciated. By the way, I am a teacher at WPEA and in three years missed 2 days, one on planning this year for follow up doctor appointments and today for my spine injections. That is it.

I just wanted to share that your wellness post helped direct me, and this program is so life changing.

Thank you and Happy Holidays!

Jackie