

Don't Give Up!

Meet **Patricia Hagens**, a math teacher for 25 years. After teaching for three decades, she faced a tough health issue: kidney failure, which meant she had to retire early. But Patricia didn't let this stop her. With the support of her family – her husband, four children, and three grandchildren – she started her journey to better health.

Patricia's niece, a Med-South counselor, encouraged her to join the Med-South Program. Patricia wanted to tackle her high blood pressure. It wasn't easy. She had to take medicine and change her diet and exercise routine.

Patricia's secret? She stuck to her medicine schedule, ate healthier, and started exercising more. But it wasn't always smooth sailing. One of the most challenging aspects of Patricia's journey was navigating her husband's differing dietary preferences. Despite this, she remained steadfast in her commitment to her own health, refusing to give in to temptation or setbacks. The best part of the program? She lost a lot of weight! Going from a size 18 to a 14 made her feel great. She thanks the Med-South Program for teaching her what to eat and how to exercise.

Today, Patricia's eating habits have undergone a remarkable transformation. She opts for healthier food choices, steering clear of red meat and processed foods in favor of nutrient-rich vegetables and wholesome alternatives like sweet potatoes. Even when COVID-19 hit, she stayed focused on her health. Losing her sense of taste didn't stop her from eating balanced meals.

Patricia's message to other is don't give up! Keep pushing toward your goals, even when it's tough. Programs like Med-South can help. So, if you're struggling with your health, don't hesitate to get support and make changes. With determination and support, you can beat any challenge that comes your way!