



## Janice's Story

**Janice Oxendine** is a substance abuse counselor and prevention specialist from Robeson County. She has two sons and a commitment to her community's well-being: Janice knew she needed to take charge of her own health to continue making a difference in the lives of others.

Before starting the Med-South Program, Janice noticed the subtle signs of aging affecting her health and lifestyle. Concerned about weight gain and decreasing activity levels, she knew it was time for a change. Motivated by the challenges of aging and the realization that maintaining a healthy lifestyle requires extra effort, Janice eagerly joined the Med-South Program. She understood the importance of staying ahead of potential health risks by making smart choices.

Throughout her journey, Janice discovered the keys to her success. She revamped her eating habits, focusing on more vegetables and fewer sweets and bread. Regular walks with a friend became a cornerstone of her routine, keeping her active and motivated. Reflecting on her journey, Janice takes pride in her progress. By adopting a new approach to cooking and eating, she successfully managed to curb weight gain and improve her overall well-being. When asked about the impact of the Med-South Program, Janice emphasizes the importance of accountability and self-awareness. Through the program, she gained valuable insights into her habits and behaviors, empowering her to make informed choices about her health. For those considering a similar journey, Janice offers words of encouragement and practical advice. She suggests setting realistic goals, taking small steps, and remaining consistent in efforts towards better health. Janice is excited to continue reaching her weight loss goal.