

Journey to Health and Happiness

Brandea Watts is a devoted wife, mother, and full-time worker, from Concord, North Carolina. Brandea's transformative health journey began when she found herself struggling with her health due to sickle cell disease. Battling weight gain and its accompanying health issues, Brandea knew it was time for a change.

Brandea was motivated to reclaim her energy and become more knowledgeable about nutrition. Brandea sought out solutions to transform her lifestyle and discovered the Med-South Program. Working at Cabarrus Health Alliance provided her with convenient access to the program.

The road to transformation was not without its challenges. Brandea struggled with unhealthy eating habits and emotional eating tendencies. However, with determination and support of the program, she pushed through these challenges.

Central to Brandea's success was having a support system that motivated her to be the best version of herself. Her Med-South counselor gave guidance and encouragement, helping her stay motivated to continue on her health journey. The program's resources, including educational materials and booklets, equipped Brandea with the tools necessary to make informed choices about her health.

Brandea's proudest achievement was her long-term commitment to increasing her physical activity. Brandea started incorporating walks around the neighborhood and joined the YMCA with her family. Brandea not only saw the physical benefits of increasing her physical activity, but also found it a way to spend quality time and further bond with her family.

Reflecting on her journey, Brandea emphasizes the positive impact of the Med-South Program on her life. Beyond weight loss and improved health, it strengthened her relationships with people she cares about. As Brandea continues her journey toward health and happiness, her story inspires others facing similar challenges.