



---

## 12-Week Weight Loss Medication Support Group

### Testimonials

### Transformation Weight Control

---

All of these genuine testimonials are reprinted with permission from the program participant who said them.

I never thought a support group for taking a medication of any type would be helpful or necessary. I was wrong. I am so glad to have found this group and taken a chance on participating at the suggestion of my doctor. It has been a godsend and has helped me in more ways than I could have imagined. John O

I was on weight loss medication social media boards since I started my medication more than a year ago (down 54 pounds and counting!). Sometimes it was helpful, but sometimes I couldn't get what I needed. Then one day I saw an answer that Rich Weil gave to someone, looked up his profile, and found TWC. He was the real thing. I could tell just by how he answered that question. I met with him on Zoom, and I was sold. Don't walk, run to join this group. Miriam H

It is absolutely clear to me that Casey and Rich were put here on earth to do exactly the work they are doing with us in this support group. I've been around the weight loss program block and diets more times than I care to say, but many moons I promise you, and I have never experienced the level of professionalism, information, care and support that I get from participating in this support group. And how they can always be so enthusiastic about the work they do boggles my mind. And it's not just the staff. The other people in the group are smart, supportive, nice, and we all back up each other and learn from each other. I've ever experienced the goodness of a group like this anywhere. I've even made some friends in the group that I talk to outside the group. Jim B

My insurance wouldn't cover the medications, so I started with a tele-health company and compounded medicines which were less expensive. I think the medicine is good, it does help me loose weight, but the problem was that I always had questions, and the support just wasn't there. A friend who had been at an earlier version of the TWC program probably 10 years ago told me about it, so I looked into it. It was a good decision to join. My medicine is an injection with a syringe and a vial, and both Casey and Rich are certified diabetes educators and had experience with injecting like I had to because that's how diabetes used to be, so that was a great help. Overall, my journey would be a lot more challenging if I had not joined. I heartily recommend this group. I know each week that I go I will get what I need. Lisa S

I was really resistant to the weight loss medications, and someone email introduced me to Rich and he spoke with me on Zoom. He wasn't pushy or anything like that, but he was kind and he asked if I would like to attend one of the support groups to see what it was like and get an idea of what the medications could do. No pressure to join if I didn't want to. After that group I decided I would try the medication and I spoke with Rich again and he guided me through the steps to get started. The good news is that I'm loosing more weight than I ever did taking Zeppbound, and I have a weekly group now that I can count on where I know all the people. Very helpful. Joanna K

I was in the support group for two of the 12 week sessions and then I had work stuff that prevented me from joining again. But I have to say, I still remember everything I was taught and it was a great education and helps me a lot still today. At some point I hope to go back. April W

God bless Rich and Casey. Diane L

I remember Rich saying that Casey was the ChatGPT of nutrition and I agree! She knows her stuff, and if she doesn't know, she's not afraid to say so and looks it up for you. She's like a big bucket of information. And her and Rich are like Lucy and Ricky! They have great chemistry and it's fun to be there, not to mention how easy Rich makes the science to understand. He always says he has lots of slides. I can confirm that, he does! Bill P

I started on Wegovy last year and had terrible constipation for more than 4 weeks. I tried different medications to fix it but I stopped the medication. Then I read something on Reddit that Rich Weil wrote so I checked it out and decided to give hi weight loss medication support group a try. In the meantime I started Wegivy again. Well, the dietitian named Casey in the support group is amazing. First she taught all of us how to eat while on the medication, but even better, she taught us how to eat to reduce and prevent the side effects. She's like a mad genius she knows so much! I mean, we spent like 30 minutes talking about constipation, and guess what, no constipation the second time around with Wegovy. They know what they are doing. Martin J



© 2025 Transformation Weight Control, All Rights Reserved