

Obesity & Diabetes

Prevention & Therapy



WOMEN'S VIEW MEDICAL GROUP

Patricia Hawk, MS CDE
Certified Diabetes Educator

299 West Foothill Blvd. Suite 209
Upland, California 91786

(909) 982-4000

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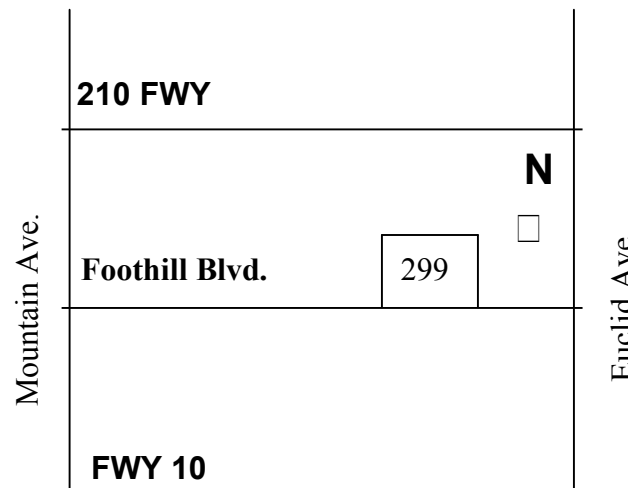


Women's View Medical Group

Children and Families
Welcome



Upland Location



299 West Foothill Blvd, Suite 209
Upland, CA 91786

PHONE (909) 982-4000

FEE SCHEDULE

Initial Consultation

60 minutes \$75.00
(includes body composition test)

Follow-up Visits

30 minutes \$35.00

Body Composition & Review

30 minutes \$45.00



Patricia Hawk MS, CDE
Certified Diabetes Educator

Patricia Hawk has over twenty years of experience managing diabetes in the clinical setting. She specializes in the prevention and treatment of obesity and diabetes for our patients and their families. She has a proven track record of educating, motivating and successfully helping people to achieve results and live longer healthier lives. In her role as Health Educator she makes learning about good health positive, fun and exciting during her free weekly Wellness Classes offered most Wednesdays evenings at Women's View Medical Group. She provides individual consultations for weight loss, heart health, and diabetes including teens and children with obesity problems.

DIABETES

Pat has many years of experience with all types of diabetes, from Type 1 in children on insulin pumps, to gestational diabetes of pregnancy, or the elderly patients with complicated Type 2 diabetes. She can work with those with early or pre-diabetes to reverse their diabetes. A series of four individual appointments will get you in control and on track for a healthy life. Free Glucose Monitor is included.



WEIGHT MANAGEMENT

Pat uses a non-diet approach to achieve lifelong weight management. There are many patients at WVMG who have had great success with this method, including many who have lost over 50 pounds under Pat's supervision. A minimum of four visits with periodic follow-up visits is recommended



CHILDREN

Pat works part-time at Children's Hospital of Orange County managing diabetes and obesity in children. She has a unique ability to communicate with children and their families to educate and help them achieve their weight goals to live happier, healthier lives.

SPORTS PERFORMANCE

Whether you want to enhance and optimize your sports performance or you just want to get the most benefit from your workout at the gym, nutrition and the right supplements play an important role in achieving your goals. Pat's experience as a nutrition expert and as an athlete herself can help you to fine tune your workout results. She will teach you what and how to eat before, during and after exercise, including what nutrients can help you achieve an optimal performance as well as optimal recovery after your workouts or athletic events to reduce risk of injury or strain.