THE FLEURISH LETTER

FEBRUARY 18, 2026

Love

Archive edition. Lightly revised from the original issue to meet current content standards.



We know that couples can support each other during their wellness journey by eating healthy meals and exercising together. It is shared accountability. Cheer each other on with positive comments and shared activities.

This year marks my 25th wedding anniversary in May. I have had the hardest time with weight fluctuations mainly due to stress, menopause and pregnancies. Covid did not help me for sure. I learned I was a great baker. Anyways, one of the qualities I love the most from my husband is that despite my up and downs, he has never made me feel self conscious or shame because of my weight. He loves me exactly as I am. I have learned to love myself and not expect perfection. Understanding that the energy I give is the same one I will receive. Growing in wisdom and body awareness. This month, love yourself!!

Follow us on Instagram for the latest updates and clinic hours

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769 Medical Center Court, Suite 303

The original mirror selfie and third-party graphic are not reproduced in this archive edition.