



Kathleen Meier, RNC, MSN, ANP

Specialty: Bariatric Medicine

✔ Welcoming new patients

GOSHEN PHYSICIANS CENTER FOR WEIGHT REDUCTION

1130 Professional Dr, Goshen, IN 46526 [Directions](#)

574-537-8326

About Me

Kathy Meier, RNC, MSN, ANP, is an adult nurse practitioner and program coordinator at Goshen Physicians Center for Weight Reduction. She uses her advanced academic and clinical experience to diagnose and manage most common and many chronic illnesses, such as obesity, diabetes and hypertension. She has experience in home care, mental health, surgery, education and internal medicine. Each of these areas has strengthened not only her clinical skills, but her belief that individuals have the ability to make positive changes in their lives. She also believes that everyone can make changes if they are willing to accept personal accountability and if they are supported with encouragement and education. At Goshen Physicians Center for Weight Reduction, Kathy manages the multidisciplinary approach to weight loss by coordinating patient care with physicians, surgeons, dietitians and personal trainers. She provides motivational counseling, reviews body composition and monitors patients' medical status as they progress towards their weight-loss goals. In her free time, Kathy enjoys camping, cycling and time with her family. She also volunteers at Loveway Therapeutic Horseback Riding.

Philosophy of Care

Kathy's philosophy of treatment is holistic and multidisciplinary. For each individual at the Center for Weight Reduction, a comprehensive and personal treatment plan is developed – with the participation of the patient. To help meet the different needs of their patients, surgical weight loss and medically managed weight loss are options that are discussed and evaluated against the individual's goals and needs.

Research/Clinical Interest

- Hypertension
- Diabetes
- Latest recommendations on the most effective ways of treating obesity

Education

Certified – Nurse Practitioner, Bariatric Nurse

Education and training:

Master of Science in Nursing

Ball State University | Muncie, IN
