

Center for Weight Management and Wellness 2024 Forum Schedule

Please note all sessions may have a different location (directions on 2nd page), including some that are virtual only. *Registration for in person sessions on [Eventbrite](#) is required due to space limitations of conference rooms.

Date and Time	Topic
Jan 25 6-7pm	A Discussion on Strategies to Support Long-term Weight and Health Goals (Westwood)* Meghan Ariagno, RD
Feb 7 6-7pm	An Overview of Anti-Obesity Medications (virtual) Dr. Cagney Cristancho Ramirez (CWMW Obesity Medicine Fellow) https://partners.zoom.us/j/9866984072
Mar 6 6-7pm	Air-fryer secrets and demo (Weymouth)* Claire LeBrun, MPH, RDN, LDN
Apr 3 6-7pm	Interactive Exercise Session (Foxboro)* Physical Therapist, Phil Kidd, PT, DPT (Suggested to wear comfortable clothing)
Apr 10 6-7pm	Strategies for Safe and Effective Strength Training (Weymouth)* Physical therapy team from South Shore Health Center's for Physical Wellness and Maresa Weems, RD (Suggested to wear comfortable clothing)
May 1 6-7pm	Re-write your body story: an interactive workshop (Weymouth)* Dr. Mark Gorman and Amanda Lavasseur, RD <i>(Please try to bring a childhood photo of yourself either printed or on your phone!)</i>
May 29 6-7pm	Label Reading: making sense of all the information (virtual) Catherine Page, RD https://partners.zoom.us/j/4910095814
Sept 4 6-7pm	How to Approach Meal Planning (ideas for family too!) (virtual) Jordan Ball, RD https://partners.zoom.us/j/9866984072
Oct 9 6-7pm	An Overview of Body Contouring after Weight Loss (virtual) Dr. Simon Talbot https://partners.zoom.us/j/9866984072
Oct 23 6-7pm	How to not be hungry... nutrition strategies for managing appetite (Weymouth)* Amanda Lavasseur, RD
Nov 6 6-7pm	Regulating the Blood Sugar Rollercoaster During Weight Management Interventions (virtual) Julia Lloyd, RD https://partners.zoom.us/my/jlloyd6
Dec 4 6-7pm	Patient Storytellers (virtual) Lindsay Miamen, RD https://partners.zoom.us/j/6529527834

Directions to in-person sessions:

1. Brigham and Women's Health Care Center, Westwood
100 Brigham Way
University Station
Westwood, MA 02090
(Directions to conference room will be available at entrance)
2. Brigham and Women's Surgical Associates at South Shore Hospital
51 Performance Drive
Entry Two, 3rd Floor
Weymouth, MA 02189
(Directions to conference room will be available near front desk)
3. Brigham and Women's/Mass General Health Care Center at Foxborough
20 Patriot Pl
Foxborough, MA 02035
(Conference room is located on the 2nd floor)