

## Center for Weight Management and Wellness 2024 Forum Schedule

Please note all sessions may have a different location (directions on 2<sup>nd</sup> 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
<b>Jan 25</b> 6-7pm	<b>A Discussion on Strategies to Support Long-term Weight and Health Goals (Westwood)*</b> Meghan Ariagno, RD
<b>Feb 7</b> 6-7pm	<b>An Overview of Anti-Obesity Medications (virtual)</b> Dr. Cagney Cristancho Ramirez (CWMW Obesity Medicine Fellow)
<b>Mar 6</b> 6-7pm	<b>Air-fryer secrets and demo (Weymouth)*</b> Claire LeBrun, MPH, RDN, LDN
<b>Apr 3</b> 6-7pm	<b>Interactive Exercise Session (Foxboro)*</b> Physical Therapist, Phil Kidd, PT, DPT <i>(Suggested to wear comfortable clothing)</i>
<b>Apr 10</b> 6-7pm	<b>Strategies for Safe and Effective Strength Training (Weymouth)*</b> Physical therapy team from South Shore Health Center's for Physical Wellness and Maresa Weems, RD <i>(Suggested to wear comfortable clothing)</i>
<b>May 1</b> 6-7pm	<b>Re-write your body story: an interactive workshop (Weymouth)*</b> Dr. Mark Gorman and Amanda Lavasseur, RD <i>(Please try to bring a childhood photo of yourself either printed or on your phone!)</i>
<b>May 29</b> 6-7pm	<b>Label Reading: making sense of all the information (virtual)</b> Catherine Page, RD
<b>Oct 9</b> 6-7pm	<b>An Overview of Body Contouring after Weight Loss (virtual)</b> Dr. Simon Talbot <a href="https://partners.zoom.us/j/9866984072">https://partners.zoom.us/j/9866984072</a>
<b>Oct 23</b> 6-7pm	<b>How to not be hungry... nutrition strategies for managing appetite (Weymouth and Virtual)*</b> Amanda Lavasseur, RD <a href="https://partners.zoom.us/j/7834103957">https://partners.zoom.us/j/7834103957</a> (This forum is hybrid!)
<b>Nov 6</b> 6-7pm	<b>Regulating the Blood Sugar Rollercoaster During Weight Management Interventions (virtual)</b> Julia Lloyd, RD <a href="https://partners.zoom.us/my/illoyd6">https://partners.zoom.us/my/illoyd6</a>
<b>Dec 4</b> 6-7pm	<b>Patient Storytellers (virtual)</b> Lindsay Miamen, RD <a href="https://partners.zoom.us/j/6529527834">https://partners.zoom.us/j/6529527834</a>

**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, 3<sup>rd</sup> 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 2<sup>nd</sup> floor)