

2022 Virtual Forums

Center for Weight Management and Wellness

All meetings will be held over Zoom. Each meeting will have a unique zoom link to access (no password required!). You can also register ahead of time on [Eventbrite](#) to make it easier to link to your personal calendar.

Date and Time	Topic
2/2/22 at 6:30pm	<p>Overview of Intermittent Fasting After Bariatric Surgery Led by dietitian, Amanda Lavasseur. We'll review the different types of fasting and the pros/cons of each after surgery. https://partners.zoom.us/j/7834103957</p>
3/2/22 at 6pm	<p>Understanding the Physiology of Overfeeding and Weight Regain Led by obesity medical expert, Dr. Nawfal Istfan, We'll provide an overview of understanding why weight regain can occur after weight loss. https://partners.zoom.us/j/9866984072</p>
4/6/22 at 6pm	<p>Lab Value Review We'll have our Physician Assistant experts talk about common labs that are monitored after bariatric surgery and learn how to interpret the results. https://partners.zoom.us/j/9866984072</p>
5/4/22 at 6pm	<p>Exercise for Life with Exercise Physiologist, Lexie Cabral We'll review safe exercises anyone can do. Comfortable clothes suggested but not mandatory! https://partners.zoom.us/j/9866984072</p>
6/1/22	<p>Plastic Surgery after Weight Loss Surgery Q&A with Dr. Simon Talbot. Considering plastic surgery or just curious to learn about options? Meet a BWH plastic surgeon to have your questions answered. https://partners.zoom.us/j/9866984072</p>
7/6/22	Topic TBD
8/3/22	Topic TBD
9/7/22	Led by dietitian, Ema Barbosa Brown Topic TBD
10/5/22 at 6pm	<p>Managing Emotionally Triggered Eating Bariatric psychologist will review strategies for managing behavioral-related eating. https://partners.zoom.us/j/9866984072</p>
11/2/22	Topic TBD
12/7/22	Topic TBD