

2023 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
Jan 4 th at 6pm	<p>Patient Storytellers with Lindsay Miamen, RDN Looking for some inspiration? Look no further than yourselves! Tonight, our patients share their stories of challenges and successes.</p>
Mar 1 st at 6pm	<p>Essential Habits for Maintenance with Amanda Lavasseur, RD We'll review key habits and mindset lessons to help you keep the weight off. https://partners.zoom.us/j/7834103957</p>
Apr 5 th at 6pm	<p>A Spotlight on Meal Planning with Catherine Page, RD https://partners.zoom.us/j/4910095814</p>
May 3 rd at 6pm	<p>Gut Feeling: How to Support a Healthy Gut Through Diet and Lifestyle Habits with Maresa Weems, RD https://partners.zoom.us/j/4695422464</p>
Jun 7 th at 6pm	<p>Goal Setting with Meghan Ariagno, RD https://partners.zoom.us/j/9866984072</p>
Aug 2 nd at 6pm	<p>Vitamins A-Z with Ema Barbosa Brown, RD https://partners.zoom.us/j/9031202588</p>
Sep 6 th at 6pm	<p>Managing Emotionally Triggered Eating Led by Bariatric Psychologist, Dr. Mark Gorman, we'll review strategies for managing behavioral-related eating. https://partners.zoom.us/j/9866984072</p>
Oct 4 th at 6pm	<p>Tips for Navigating the Holidays with Claire LeBrun, RD https://partners.zoom.us/j/6591529503</p>
Nov 6 th at 6pm	<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>