












2025 Center for Weight Management and Wellness Forum Schedule

Some sessions are virtual, in-person or both virtual and in-person! See page 2 for in-person directions. Optional registration available on [Eventbrite](https://www.eventbrite.com).

Jan 8 12-1 p.m.		Open Discussion: holiday reflections, 2025 goal setting and anything in between! Corrine Mahoney, PA-C and Lindsay Miamen, CSOWM, RDN https://partners.zoom.us/j/6529527834
Feb 11 6-7pm		Weight-Loss Surgery Improves Cardiac Health and Prevents Cancer Dr. Nimeri (CWMW Surgeon) https://partners.zoom.us/j/9866984072
Mar 5 6-7pm	 	More Than Weight: A Guide to Body Composition and Bone Health Beth Anderson, PA-C and Amanda Lavasseur, MS, CSOWM, RDN Weymouth and / https://partners.zoom.us/j/7834103957
May 7 6-7pm		Quick Cooking with Claire Claire LeBrun MPH RDN https://partners.zoom.us/j/6591529503
May 21 6-7pm	 	Macros: What are they and should I be tracking them? Amanda Lavasseur, MS, CSOWM, RDN https://partners.zoom.us/j/7834103957
June 4* 5:15-6pm *Rain date: June 6 th , 5:15p		Boston Metro Team Walk! Join us for a walk around the Arnold Arboretum in Jamaica Plain! Kids and dogs welcome! (dogs must be leashed, bring waste bags) With Sandy Falcon, PA-C and Yali Lu, PA-C <i>**Registration Recommended for communications on meet up and/or weather changes</i>
August 6 6-7pm		Body Contouring After Weight Loss Surgery Dr. Simon Talbot https://partners.zoom.us/j/9866984072
September 3 6-7pm		Regulating Blood Sugar During Weight Management Interventions Julia Lloyd Julia Lloyd, RDN https://partners.zoom.us/my/jlloyd6
September 17 6-7pm		South Shore Team Walk with Dr. Ghushie (CWMW surgeon) Pond Meadow Park 386 Summer St, Weymouth, MA 02188
October 1 6-7 pm		¿Son importantes los suplementos vitaminicos o no? Ema Barbosa Brown, MPH RDN Join the meeting now (Microsoft Teams)
Nov 5 6-7pm		Patient Storytellers Dr. Tsai and Lindsay Miamen, CSOWM, RDN Join the meeting now (Microsoft Teams)
Dec 3 6-7pm		Supporting Gut Health Shannon Burke, MS RD Join the meeting now (Microsoft Teams)
In person Locations/Addresses: Weymouth 51 Performance Drive Entry Two, 3 rd Floor. Weymouth, MA 02189		The Arnold Arboretum at Jamaica Plain Meet up location planned for "Centre Street Gate"; register to receive flyer for more information.