

2021 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
1/6 6pm	Understanding Food Labels Led by dietitian, Meg Ariagno, this event will review the nutrition food label, involving what to look for and what the numbers mean.
2/3 8pm	How to Use Food Apps for Tracking Led by dietitian, Catherine Page, this forum will review the latest in apps that help with food logging and accountability.
3/24 5pm	Medical Approaches to Weight Management New BWH obesity medicine specialist, Dr. Caroline Apovian, shares her expertise on medical approaches to weight management after bariatric surgery.
4/7 6pm	Exercise for Life with Registered clinical exercise physiologist, Jennifer Logan MS, MHA, RCEPsm, CCET. An overview of safe exercises anyone can do. No equipment necessary! Comfortable clothes suggested but not mandatory.
5/5 6pm	Enhancing Lifestyle Change After Bariatric Surgery BWH Bariatric Psychologist, Dr. Mark Gorman, will lead this discussion on how to maintain lifestyle changes after weight loss surgery.
6/2 7pm	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
7/14 7pm	What We Can Do About Weight Bias Invited Guest Speaker, Patty Nece, Obesity Action Coalition National Chairwoman, and BWH Bariatric Psychologist, Dr. Paul Davidson lead us in discussion on this very important topic. https://partners.zoom.us/j/8044085765
8/4 7pm	When Eating Can Turn Disordered...Perspectives From an Eating Disorder Dietitian Invited Guest Speaker, Katie Gustamachio, MEd, RD, LDN Asst Program Director: Free to Be Intensive Outpatient Program for Binge and Emotional Eating https://partners.zoom.us/j/6529527834
9/1 6pm	Update on Bariatric Research Findings BWH Bariatric Surgeon, Dr. Eric Sheu, leads this valuable session on the latest in bariatric research. https://partners.zoom.us/j/4910095814?pwd=cORDdIRKd3ZDQnJCNE92V0x6WUpmZz09
10/6 7:30pm	Plant Based Diet After Surgery-- Benefits & Challenges Led by dietitian, Amanda Lavasseur, this forum will review the benefits of a plant-based diet and special considerations for protein and vitamins. https://partners.zoom.us/j/7834103957