

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	Overview of Intermittent Fasting After Bariatric Surgery Led by dietitian, Amanda Lavoisier. We'll review the different types of fasting and the pros/cons of each after surgery.
3/2/22 at 6pm	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.
4/6/22 At 6pm	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.
5/4/22 at 6pm	Exercise for Life with Exercise Physiologist, Lexie Cabral We'll review safe exercises anyone can do. Comfortable clothes suggested but not mandatory!
6/1/22 at 6pm	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.
8/3/22 at 6pm	Understanding Concepts of the Healthy Lifestyle Program, led by Dr. Rich Joseph Bringing healthy living and obesity care outside of the clinic with the Healthy Lifestyle Program.
9/7/22 at 6pm	Descripción general de vitaminas y minerales español (Vitamin and Mineral Overview, in Spanish) Led by dietitian, Ema Barbosa Brown https://partners.zoom.us/j/9031202588
10/5/22 at 6pm	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
11/2/22 at 6pm	Tip for Navigating the Holidays Led by dietitian, Claire LeBrun https://partners.zoom.us/j/6591529503