



UCLA Center for
Human Nutrition

Healthier Weight Management Webinar Series

**Informative & Interactive Lectures
presented by the
UCLA Center for Human Nutrition's
Physicians and Dietitians**

Tuesdays from 3-4pm
Connect via Zoom
(computer, tablet or phone)

Contact weight@mednet.ucla.edu
(310) 825-8173 to sign up!

FREE for UC Med Group patients
with physician referral
Cost: \$80 for all 8 lectures



Date	Topic	Leaders
August 2	A Personalized Plan for Weight Loss	Mopelola Adeyemo, MD
August 9	What Color is Your Diet?	David Heber, MD, PhD
August 16	Prevailing over Plateaus: Barriers to Weight Loss	Michael Garcia, MD
August 23	The Power in Protein	Dave Garg, MD
August 30	Spice Up Your Life	Zhaoping Li, MD, PhD
September 6	Bonafide or Bogus?	Shaya Noorian, MD
September 13	Use It or Lose It: Exercise and Weight Loss	Dave Garg, MD
September 20	Healthier for Life: Successful Weight Maintenance	Mopelola Adeyemo, MD