



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
Feb 15	Starting Off The Year Right!	Zhaoping Li, MD, PhD
Feb 22	What Is New About Weight Loss	David Heber, MD, PhD
Mar 1	Supercharge Your Immunity	Zhaoping Li, MD, PhD
Mar 8	The Microbiome: Growing Your Gut Garden	Michael Garcia, MD
Mar 15	Getting Active And In Shape!	Shelby Yaceczko, RD
Mar 22	Popular Weight Loss Diets: What Really Works	Vijaya Surampudi, MD, MS
Mar 29	Mindful Weight Loss	Mopelola Adeyemo, MD
Apr 5	The Whole "U": Successful Weight Maintenance	Dave Garg, MD