

UCLA Healthier Weight Management Program



Tired and frustrated with dieting? Lose weight and keep it off. Start this 8-week program for a healthier weight and lifestyle.

Lectures

The Trouble of Fat – Zhaoping Li MD PhD

Fueling Our Bodies: Macronutrients and Micronutrients – Lauren Maddahi MS RD

Mindfulness: Strategies to Slowdown and Change Habits – Shelby Yaceczko RDN

Portion Control: How Much Do I Really Need? – Lauren Maddahi MS RD

My Personal Plan: Working Towards a Lifestyle That Fits Your Needs – Shih Lung Woo RD PhD

Microbiome: Get Those Bugs Working for You – Shih Lung Woo RD PhD

Exercise and Movement – Shelby Yaceczko RDN

The A-Z of Your Health and Losing Weight – Viji Surampudi MD

Registration:

- Request appointment at <http://clinicalnutrition.ucla.edu/>
- Call (310) 825-8173

Cost:

\$160 for 8-week program

When:

Wednesday Evenings 5 pm to 6 pm
Program repeats every 8 weeks

Where:

UCLA – Center for Human Nutrition
Warren Hall Room 14-213
900 Weyburn Place
Los Angeles, CA 90095

Parking is \$12 cash only for Lot 31 or
free on adjacent streets