

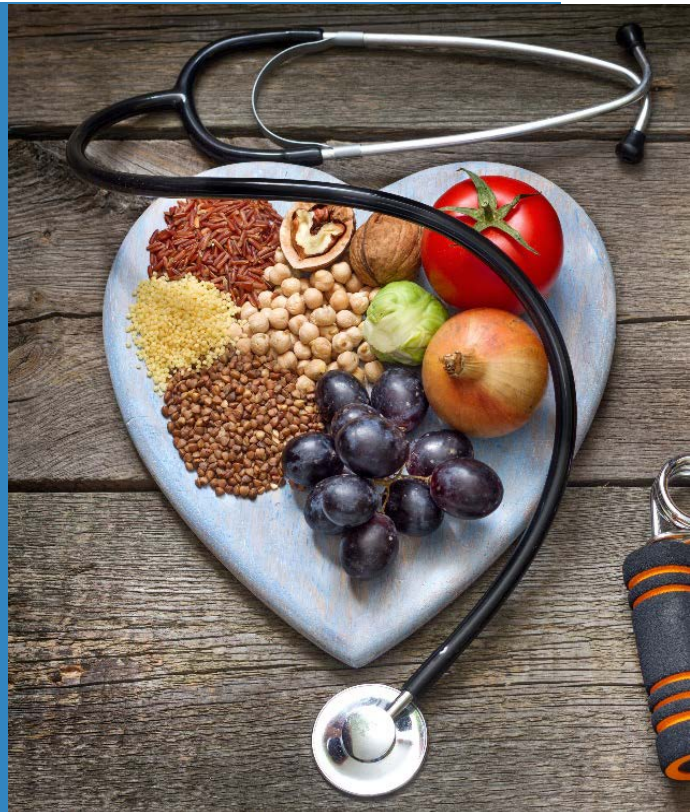
Healthier Weight Management Webinar Series

**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!

Cost: \$80 for all 8 lectures



Date	Topic	Presenter
May 30	What's Right for My Body	Mopelola Adeyemo, MD
June 6	Nutrition 101: What Am I Really Eating?	Romana Brennan, RD
June 13	Moving Toward Your Goals: The Importance of Muscle	Vijaya Surampudi, MD
June 20	The Microbiome: Growing Your Gut Garden	Michael Garcia, MD
June 27	Nutrition Fact or Fiction	Dave Garg, MD
July 4	July 4 th HOLIDAY	No Presentation Today
July 11	Mindfulness and Sleep	Romana Brennan, RD
July 18	Spice Up Your Life	Olivia Jordan, MD
July 25	Fostering Sustainable Practices for Weight Maintenance	Michael Garcia, MD