

# UCLA Center for Human Nutrition

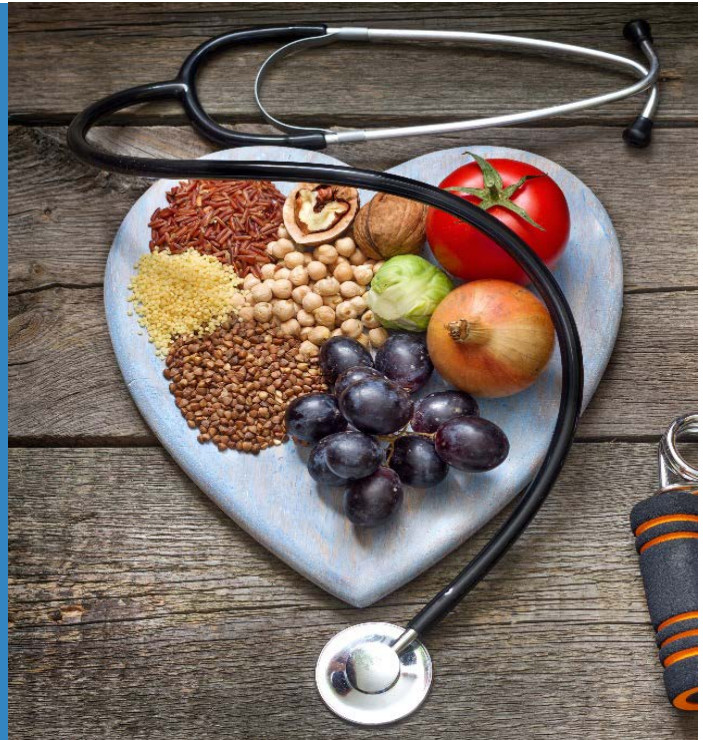
## Healthier Weight Management Webinar Series

**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](mailto:weight@mednet.ucla.edu)  
(310) 825-8173 to sign up!

Cost: \$80 for all 8 lectures



Date	Topic	Presenter
January 30	Starting Off The Year Right!	Michael Garcia, MD
February 6	What is New About Weight Loss?	Mopelola Adeyemo, MD
February 13	Bonafide or Bogus?	Dave Garg, MD
February 20	What Color is Your Diet?	Christine Goukasian, RD
February 27	The Power of Protein	Olivia Jordan, MD
March 5	Spice Up Your Life	Vijaya Surampudi, MD
March 12	Use It or Lose It: Exercise and Weight Loss	Helen Setyan, PT
March 19	The Whole "U": Successful Weight Maintenance	Courtney DeCan, MD