



**UCLA** Center for  
Human Nutrition

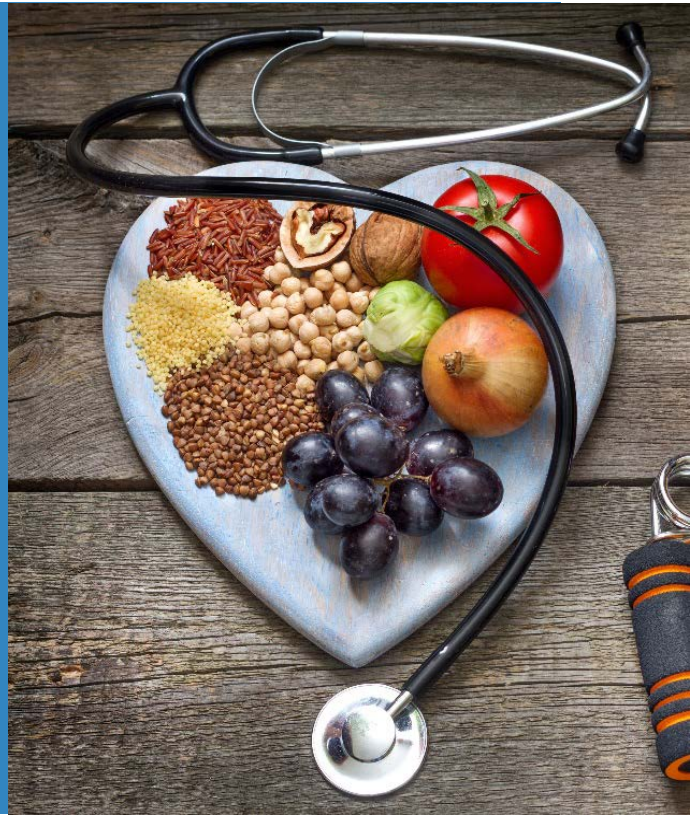
# Healthier Weight Management Webinar Series

**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!

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



Date	Topic	Leaders
October 4	What's Right for My Body? A Personalized Approach to Weight Loss	Michael Garcia, MD
October 11	Mind and Body: Practicing Mindful Eating	Mopelola Adeyemo, MD
October 18	The Hidden Dangers of Processed Foods	Dave Garg, MD
October 25	The Healthy Gut	Shaya Noorian, MD
November 1	Supercharge Your Immunity	Zhaoping Li, MD, PhD
November 8	Shopping for Success and Cooking with a Conscious	Vijaya Surampudi, MD, MS
November 15	Surviving the Holidays	Michael Garcia, MD
November 22	The Whole "U": Successful Weight Maintenance	Vijaya Surampudi, MD, MS