















2025 Center for Weight Management and Wellness Forum Schedule

Some sessions are virtual, in-person or both virtual and in-person! See page 2 for in-person directions. Optional registration available on [Eventbrite](#).

Jan 8 12-1 p.m.		Open Discussion: holiday reflections, 2025 goal setting and anything in between! Corrine Mahoney, PA-C and Lindsay Miamen, CSOWM, RDN https://partners.zoom.us/j/6529527834
Feb 11 6-7pm		Weight-Loss Surgery Improves Cardiac Health and Prevents Cancer Dr. Nimeri (CWMW Surgeon) https://partners.zoom.us/j/9866984072
Mar 5 6-7pm	 	More Than Weight: A Guide to Body Composition and Bone Health Beth Anderson, PA-C and Amanda Lavasseur, MS, CSOWM, RDN Weymouth and / https://partners.zoom.us/j/7834103957
May 7 6-7pm		Quick Cooking with Claire Claire LeBrun MPH RDN https://partners.zoom.us/j/6591529503
May 21 6-7 p.m.	 	Macros: What are they and should I be tracking them? Amanda Lavasseur, MS, CSOWM, RDN https://partners.zoom.us/j/7834103957
June 6 4-5 p.m.		Boston Metro Team Walk! Join us for a walk around the beautiful, The Arnold Arboretum in Jamaica Plain! Kid and dog friendly (dogs must be leashed, bring waste bags) With Sandy Falcon, PA-C and Yali Lu, PA-C
July 16 th 6-7 p.m.		Weight Management Myth Busters Maresa Weems, RDN https://partners.zoom.us/j/4695422464
August 6 6-7p.m		Body Contouring After Weight Loss Surgery Dr. Simon Talbot https://partners.zoom.us/j/9866984072
September 3 6-7p.m.		Regulating Blood Sugar During Weight Management Interventions Julia Lloyd Julia Lloyd, RDN https://partners.zoom.us/my/jlloyd6
September 17 tbd		South Shore Team Walk with Dr. Ghushie (CWMW surgeon) Pond Meadow Park 386 Summer St, Weymouth, MA 02188
October 1 6-7 p.m.		¿Son importantes los suplementos vitaminicos o no? Ema Barbosa Brown, MPH RDN https://partners.zoom.us/j/9031202588
Nov 5 6-7pm		Patient Storytellers Dr. Tsai and Lindsay Miamen, CSOWM, RDN https://partners.zoom.us/j/6529527834
Dec 6-7pm		Supporting Gut Health Shannon Burke, MS RD https://partners.zoom.us/j/3291003678

Directions to in-person sessions:

1. Weymouth

Brigham and Women's Surgical Associates at South Shore Hospital
51 Performance Drive
Entry Two, 3rd Floor
Weymouth, MA 02189

(Directions to conference room will be available near front desk)

2. The Arnold Arboretum at Jamaica Plain

125 Arborway Boston, MA 02130
Free street parking available, see [website](#).

(Exact group meet-up location will be updated in May)