



Worries about weight weighing you down?

Then join us for this online event to better understand the newest science behind weight management! Together, we will uncover why it is so difficult for so many of us to lose weight and keep it off, review new updates on how excess weight is viewed and treated, and provide strategies to help you better manage your weight.

Join us for webinar on **Dec 2nd, 2020** at **11:00** AM EST

[Click Here to register!](#)



Learning Objectives

1. Understand the complex science behind weight management
2. To review the newly released Obesity Canada Clinical Practice Guidelines and what they mean for you
3. Provide strategies on how to better manage your weight



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