

Timetable

9:30 - 10:00 Introduction

10:00 - 11:15 Conditions and Medications that can interfere with weight loss

11:15 - 11:40 BREAK

11:40 - 12:55 Mindfulness-based Eating: Awareness for Emotional Eating Behaviours

12:55 - 13:50 LUNCH

13:50 - 15:05 Motivational Interviewing: Conversations about Change

15:05 - 15:25 BREAK

15:25 - 16:30 - The Endocrinology of Fat Loss: A Physician's insights into Obesity

16:30 - 17:45 Evidence-based Nutrition Programming for Single-digit Body Fat

18:00 - FINISH

19.30 - 20.30 3 COURSE BUFFET DINNER*

20.30 - 04.00 After-Party

*Pre-book only