

Obesity management doesn't have to be complicated and time consuming.

Rethink Obesity® **4FORUMS**

This series of four bite-sized forums, facilitated by Casey Beros (Health Journalist & TV Presenter) with renowned obesity experts, will break down the process with recommendations to help you effectively and efficiently manage people living with obesity.



1 Four key considerations when starting a conversation about obesity

17 Nov | 8:00–8:40 pm AEDT

2 Four mistakes to avoid in dietary and lifestyle advice

24 Nov | 8:00–8:40 pm AEDT

3 Four expert recommendations on weight medications and surgery

1 Dec | 8:00–8:40 pm AEDT

4 Four steps to optimise weight loss maintenance

8 Dec | 8:00–8:40 pm AEDT



Dr Georgia Rigas
General Practitioner



A/Prof Samantha Hocking
Endocrinologist



Dr Kathryn Williams
Endocrinologist



Dr Sarah Abdo
Endocrinologist



Gabrielle Maston Suthern
Dietitian & Exercise Physiologist



Register for more information: bit.ly/4Forums

Also available *on-demand* after each event, with additional resources such as podcasts and practical tools for those who have registered.



This educational activity is SCOPE accredited by the World Obesity Federation. It has been developed by an independent Steering Committee in collaboration with the speakers and the education provider Ogilvy Health, and is proudly sponsored by Novo Nordisk.

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