

UCLA Healthier Weight Management Program



Tired and frustrated with dieting? Lose weight and keep it off. Start this 8-week program for a healthier weight and lifestyle.

Current Lecture Schedule:

- Session 1 – ***The Trouble of Fat*** – Zhaoping Li MD PhD
- Session 2 – ***Fueling Our Bodies: Macronutrients and Micronutrients*** – Alicia Yang RD
- Session 3 – ***Mindfulness: Strategies to Slowdown and Change the Ways We Eat and Think About Food*** – Alicia Yang RD
- Session 4 – ***Portion Control: How Much Do I Really Need?*** – Alicia Yang RD
- Session 5 – ***My Personal Plan: Working Towards a Lifestyle That Fits Your Needs*** – Alicia Yang RD
- Session 6 - ***Microbiome: Get Those Bugs Working for You*** – Zhaoping Li MD PhD
- Session 7 - ***Exercise and Movement: “Sitting is the new Smoking”*** – Viji Surampudi MD
- Session 8 – ***The A-Z of Your Health and Losing Weight*** – Viji Surampudi MD

Registration:

- Request appointment at <http://clinicalnutrition.ucla.edu/>
- Call (310) 825-8173

Cost:

\$160 for 8-week program

When:

Wednesday Evenings 6 pm to 7 pm

Program sessions repeat every 8 weeks

Where:

UCLA – Center for Human Nutrition

Warren Hall Room 14-213

900 Weyburn Place

Los Angeles, CA 90095-7312

Parking is \$12 cash only for Lot 31 or free on adjacent streets