Brigham and Women's Hospital
Founding Member, Mass General Brigham

Center For Weight Management and Wellness

2026 Forum Schedule

The Forum brings patients together to share experiences and provide support. CWMW Forums are hosted by our team of medical doctors, surgeons, psychologists, physician assistants and dietitians.

Instructions: All forums are online unless noted. Click to register and then you will receive the meeting link to the email address you used when registering.

Date / Time	Topic	Host/Presenter(s)
Friday, February 27 12:15-1 p.m.	CWMW Town Hall: 2026 Medication Changes and Your Options February 27, CWMW Town Hall, Registration Link	Dr. Caroline Apovian Dr. David Spector Lindsay Miamen, RDN
Wednesday, March 4 6-7 p.m.	Label Reading March 4 Label Reading Registration Link	Catherine Page, RDN
Wednesday, May 6 6-7 p.m.	Importance of Nutrition and Lifestyle on a GLP Medication May 6 Nutrition on GLP Medication, Registration Link	Shannon Burke, RDN
Tuesday, June 2 4:15 – 5:15 p.m.	In-Person! Walk with us around the arboretum! June 2 Walking Forum Registration Link	Sandy Falcon, PA-C Yali Lu, PA-C
Wednesday July 1 12-12:50 p.m.	Plastic Surgery, Skin Removal after Weight Loss July 1 Plastic Surgery Registration Link	Dr. Simon Talbot
Wednesday, August 5 6-7 p.m.	Preventing Vitamin & Mineral Deficiencies on GLP-1 Medications August 5 Vitamin and GLP-1s Registration Link	Amanda Lavasseur, RDN
October 7 5-6 p.m.	Quick and Easy Meal Ideas October 6, Quick and Easy Meal Ideas, Registration Link	Claire Lebrun, RDN
Wednesday, Nov. 4 5-6 p.m.	Emotionally Triggered Eating November 4, Emotional Eating Registration Link	Dr. Mark Gorman, psychologist