



# OAC's YOUR WEIGHT MATTERS | NATIONAL CONVENTION

**Join Us** for a Weekend of Support,  
Education and Advocacy

**JULY 23-25, 2026 • ORLANDO, FL**

**Mark your calendar!** The Obesity Action Coalition's (OAC) *Your Weight Matters* National Convention returns July 23-25, 2026, in Orlando, Florida and you're invited to the nation's leading event for individuals seeking expert education and a community of support for their weight and health journey.



## **Imagine a weekend where you feel supported, energized and inspired.**

Since 2012, the Convention has been a place where people feel understood, gain trusted education and connect with others who truly get it. In 2026, attendees can expect inspiring speakers, engaging workshops, meaningful conversations and moments that leave you feeling recharged and hopeful.

## **Education That Meets You Where You Are**

Our science-based education explores why weight is so complex and what current research shows actually supports long-term health. Sessions move beyond outdated advice and examine the real science behind weight, including biology, genetics, environment and mental health. Experts translate emerging discoveries in obesity care into clear insights, practical tools and new perspectives to support you wherever you are on your journey.

## **Workshops That Make a Difference**

Go beyond listening and take part in interactive workshops designed to help you apply what you learn. These sessions explore real-life challenges, offer practical strategies and create space for reflection, conversation and skill-building that supports long-term health and well-being.

## **Inclusive Fitness for Every Body**

Movement should feel welcoming, encouraging and fun. From chair yoga to Zumba to group walks with new friends, the Convention offers opportunities to move in ways that feel comfortable and empowering for people of all abilities and experience levels.



## Lunch with the Experts

Sit down for small-group conversations with leading healthcare professionals and researchers. These roundtable discussions offer a rare opportunity to ask questions, share experiences and gain insights you can bring back to your own health journey.

## Explore Every Treatment Pathway

Obesity care looks different for everyone. Learn about the full spectrum of treatment options, including medical, surgical and behavioral approaches so you can better understand the many pathways that may support long-term health.

## Recharge and Connect

For many attendees, the Convention is the first place they truly feel understood. Meet people who share similar experiences, exchange stories and build friendships that continue long after the weekend ends.

## Celebrate Together

Education is only part of the experience. Evening social events, themed celebrations and community gatherings create space to relax, have fun and celebrate your journey alongside people who understand.

## Be Part of Something Bigger

See how the Obesity Action Coalition is shaping the future of obesity care through education, advocacy and awareness. From fighting stigma to advocating for better treatment and expanding access to support, OAC is working to change how obesity is understood and addressed. When you attend, you are not just learning. You are joining a community that helps make your voice heard.



## Registration Options

Full Convention Registration:

Starting at **\$149**

All educational sessions, workshops, included meals, evening socials, group exercise, Health Hub and an official Convention T-shirt, bag, and pin

Full Convention with CE Credits:

Starting at **\$249**

Includes everything above plus up to 19 Continuing Education (CE) credits for nurses and select health professionals

Register today at  
**YWMConvention.com**

## Reserve Your Room in Orlando

The Convention will take place at the Renaissance Orlando at SeaWorld, conveniently located near Orlando's top attractions, restaurants and entertainment.

Room rate: **Starting at \$159 per night**  
(single or double occupancy)

Reserve online at  
**YWMConvention.com**

Or call 407-351-5555 and mention OAC's 2026  
*Your Weight Matters* National Convention.



## Thank You to Our Early National Convention Sponsors



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# YWM2026 PROGRAM

## THURSDAY, JULY 23

1:00 p.m. – 4:00 p.m.

National and State Advocacy Training

1:00 p.m. – 4:00 p.m.

Everyday Advocacy: Get Involved with OAC

4:00 p.m. – 5:00 p.m.

Thrive Together Program Family Meet & Greet

5:00 p.m. – 6:30 p.m.

OAC Community Member Welcome Mixer

7:00 p.m. – 8:30 p.m.

Evening Panel: A Conversation on Bias and Lived Experience



## FRIDAY, JULY 24

7:00 a.m. – 8:00 a.m.

Morning Movement

8:00 a.m. – 8:45 a.m.

Breakfast

9:00 a.m. – 9:25 a.m.

Event Welcome: Opening Session with OAC Leadership

9:25 a.m. – 11:25 a.m.

General Session Educational Presentations with Leading Experts

11:30 a.m. – 12:00 p.m.

Break / Health Hub / Creation Station

12:00 p.m. – 1:00 p.m.

Lunch / Lunch with the Experts

1:15 p.m. – 3:15 p.m.

Afternoon Workshops

3:30 p.m. – 4:30 p.m.

Afternoon Movement Sessions

4:30 p.m. – 6:00 p.m.

Break / Health Hub / Creation Station

6:00 p.m. – 9:00 p.m.

"Splash Into Support" Costume Party & Dinner



**Brand New This Year!** The Health Hub, located in the Exhibit Hall, offers attendees free onsite health screenings along with practical tools and trusted resources to help them take the next step in their health journey. Attendees can receive screening results to share with their healthcare providers and explore resources that support informed next steps. The Health Hub also features a mini speaker stage with short talks and demonstrations throughout the Convention.

Stop by the Creation Station, a fun interactive space where you can share your voice and creativity. Record social media content, be a podcast guest or share your story. Whether you want to inspire others, advocate for better obesity care or capture your Convention experience, our team will be there to help with ideas and make it easy and fun.

# AGENDA



## SATURDAY, JULY 25

|                         |  |
|-------------------------|--|
| 7:00 a.m. – 8:00 a.m.   | Morning Movement   |
| 8:00 a.m. – 8:45 a.m.   | Breakfast  |
| 9:00 a.m. – 11:25 a.m.  | General Session Educational Presentations with Leading Experts |
| 11:30 a.m. – 12:00 p.m. | Break / Health Hub / Creation Station                          |
| 12:00 p.m. – 1:00 p.m.  | Lunch / Lunch with the Experts                                 |
| 1:15 p.m. – 3:15 p.m.   | Workshops and Thrive Together Programming                      |
| 3:30 p.m. – 4:30 p.m.   | Afternoon Movement Sessions                                    |
| 4:30 p.m. – 6:00 p.m.   | Break / Health Hub / Creation Station                          |
| 6:00 p.m. – 9:00 p.m.   | "Reflections & Connections" Dinner                             |

Note: We continue to add to the Program Agenda, so visit [YWMConvention.com](http://YWMConvention.com) for the most up-to-date schedule.



## HEAR WHAT ATTENDEES ARE SAYING!

"When I attended the National Convention last year, I went in without knowing anyone else there, so it was nerve wracking. What I found was a community that was welcoming and embraced me without hesitation, it was one of my top highlights of 2025. The friendships and community I made have been priceless, I'm so excited for 2026!" - Gianna Beasley



"OAC Your Weight Matters National Convention was a profound experience for me. It felt like the first place I was ever truly seen with zero judgment, including being surrounded by people and a physical environment that is fully inclusive." - Jamie Selzler



"The Your Weight Matters National Convention brings together leading clinicians and physicians to educate attendees about the disease of obesity. Beyond learning, the Convention fosters lifelong friendships, meaningful support and powerful connections, uniting advocates and patients to create a better world for everyone affected by obesity." - Nanette Wilson



"My favorite part of attending the OAC's National Convention is reconnecting with friends and meeting new ones and also attending the workshops and lunch with the experts. It's an opportunity to learn from professionals and other individuals who are on the same journey." - Kevin Stephens





# ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



VIBRANT COMMUNITY



NATIONAL AWARENESS CAMPAIGNS



ANNUAL CONVENTION



ADVOCACY



PUBLIC EDUCATION

## LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

### Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
  - Community Discussion Forum
  - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



**JOIN TODAY: GO TO [OBESITYACTION.ORG/JOIN](http://OBESITYACTION.ORG/JOIN)**

[info@obesityaction.org](mailto:info@obesityaction.org)

(800) 717-3117 | (813) 872-7835 | Fax: (813) 873-7838



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