

# Introducing YOURWEIGHTMATTERS REGIONAL

by Kendall Griffey,  
OAC Communications Manager



We have officially kicked off *Your Weight Matters* Regional – our series of free weight and health events across the United States! *Your Weight Matters* Regional presents a wide range of topics, from weight management to nutrition and mental health, and expert speakers provide valuable insights and science-based strategies to help guide attendees on their personal health journeys. Our first stop was in San Diego, California, in February 2024.

Attendees were welcomed with a delicious and nutritious complimentary breakfast and had the opportunity to meet others, some of whom would become local friends by the end of the day. They also filled out their raffle tickets for the great prizes attendees had a chance to win!

Our first presentation of the day was by Dr. Angela Fitch, MD, FACP, FOMA, ABOM Diplomate. Dr. Fitch started the day off by answering a few of the most prevalent questions we all have when it comes to weight: “Why are we gaining weight, and why is it so difficult to lose weight and keep it off?” In her presentation, she covered the contributing factors to weight gain and obesity, why not everyone gains weight (spoiler alert: it has to do with your genetics!) and how our brains and hormones affect our appetites.

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Then, Cassie Story, RD, gave helpful tips in her presentation, “Finding an Eating Strategy That Works For YOU.” She taught us how a dietician or nutritionist could help in our journey to improved health, how to determine portion sizes that work for us and how to go about mindful eating and self-monitoring. By the end of her presentation, everyone had an eating strategy that aligned with their personal goals.

Next, Kelly Forsys Donahue, PhD, gave us insight into how stress impacts weight — and, more importantly, how we can manage our stress to help with weight management. In her presentation, “Managing the Stress without the Calories,” she taught us how to distinguish between the things that are in your control and the things that are out of your control and how to shift your mindset when experiencing life events.

To wrap up the day, Dr. Fitch returned to present “Understanding Your Treatment Options.” In her presentation, she explained the various treatment options available for obesity, including all FDA-approved anti-obesity medications and types of bariatric surgery. We learned that while responses to obesity treatment vary for each person, lifestyle changes combined with medical interventions are the most effective approach for weight management and improved health. Attendees walked away with the necessary information to initiate a conversation with their doctor.

Every *Your Weight Matters* Regional event will teach attendees something new. Plus, there was something for everybody, no matter what their personal journey with weight and health has been like thus far. We bring in experts who truly “get it” when it comes to weight and how hard it can be to manage, and who will break down the complexity behind weight in a way that is easy to understand.

But the best part is, each event is FREE! You can learn science-based, hands-on strategies in mental health, nutrition, weight management and more, all free of cost. If you're ready to take the next step in your journey to improved health, visit [YourWeightMatters.com](https://YourWeightMatters.com) to learn more.

## Where Your Weight Matters Regional is Headed Next:

Indianapolis, IN – April 13, 2024

Tampa, FL – July 2024

Austin, TX – September 21, 2024

Boston, MA – October 2024

Want to find out when we're coming to a city near you? Sign up for alerts at [YourWeightMatters.com](https://YourWeightMatters.com).

We hope to see you soon!

### *About the Author:*

*Kendall Griffey, OAC Communications Manager, graduated from the University of North Florida with a B.S. in Communications with a focus in public relations. Kendall is passionate about her work in the nonprofit sector and is driven to make a meaningful impact.*



# 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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