



SHINE WITH THE O

TOGETHER WE
S.H.I.N.E.

**September 25-28, 2014
Orlando, Fla.**

As a member of the Obesity Action Coalition (OAC), you know first-hand how difficult the journey of weight-loss and weight maintenance can be. The struggles, the misinformation, the gimmicks, the empty promises, the ups and downs, etc. – you get the picture. Two years ago the OAC made the decision to do something about this. We saw a need for a national convention that would provide evidence-based educational information on weight and health, obesity, weight stigma, obesity treatments, exercise, nutrition and more.

In two very short years, the OAC's *Your Weight Matters* National Convention has quickly risen as the **PREMIER** educational event bringing together hundreds of individuals from throughout the United States wanting to learn more about their weight and health, connect with others and experience all that Convention has to offer.

This year, the *Your Weight Matters* National Convention, "**Together We S.H.I.N.E.** (*Support, Health, Inspiration, Networking and Education*)," will be held **September 25th - 28th in Orlando, Fla.**, at the Renaissance Orlando at SeaWorld, and we invite you to experience this life-changing event for yourself.



**YWM2014 Registration
Now Open!**

The *Your Weight Matters* Convention is your time to learn, connect and SHINE! Registration for YWM2014 is NOW OPEN! Visit www.YWMConvention.com to REGISTER TODAY! Prices start at just \$30!

What is the OAC's *Your Weight Matters* Convention?



The *Your Weight Matters* National Convention is YOUR place to learn the tools necessary to manage your weight and improve your health. But we're not just talking about "tips and tools" here. YWM2014 will offer you the latest evidence-based information from leaders in the healthcare field.

YWM2014 will feature some of the most notable names in the industry, including:

- Arya Sharma, MD, PhD, FRCPC
- James O. Hill, PhD
- James Levine, MD, PhD
- Merrill Littleberry, LCSW, LCDC, CCM, CI-CPT
- Domenica Rubino, MD
- Michelle May, MD

The OAC has secured the most sought-after thought-leaders in the healthcare field to present the most up-to-date information. The Convention Program Agenda Subcommittee spends countless hours developing topics that you care about most. **For the Full 2014 Convention Program Agenda.**

Convention educational sessions have been described as "Eye-Opening," "Invaluable," and "Amazing." Our speakers will help you understand some of the most complex issues when it comes to weight. We know there's no one-size-fits-all approach to weight-loss and weight management, and that's why the OAC wants YOU to join us for this one-of-a-kind 3 day event.

OAC AT THE 2014 **YOUR WEIGHT MATTERS NATIONAL CONVENTION**

But Convention is more than just the education. Convention is a place for you to:



Your Weight Matters[™]
**HEALTHY
LIVING
EXPO**

See the Latest Products and Services at the YWM Healthy Living Expo

YWM2014 will feature a 10,000 square foot exhibit hall with more than 35 exhibitors showcasing their products and services. All Convention exhibitors are vetted through the OAC to ensure that their products and services are of the highest quality, evidence-based and respect you. Having respectful exhibits is extremely important to the OAC. In our Exhibit Hall, you will feel comfortable and not preyed upon by aggressive sales techniques. The Exhibit Hall is a place for you learn more about a wide variety of companies and organizations that exist to help you achieve your health goals. The OAC wants every aspect of Convention to be a welcoming educational resource for you – especially the Healthy Living Expo.



Sit One-on-One with the Experts

YWM2014 will offer you the opportunity to sit one-on-one with the experts you've listened to throughout the meeting. Lunch with the Experts, a ticketed event, offers you the chance to sit with experts and enjoy a nutritious lunch while you discuss a certain topic in a small group setting. Lunch with the Experts has quickly become a Convention-favorite among past attendees. Never before have individuals had the chance to talk directly with these experts and ask questions. Since this event is ticketed, seats fill-up fast, so don't waste any time signing-up for this unique experience.

Connect with Others

Ask any past-Convention attendee or join the Convention Facebook Event, and you will quickly see that Convention is a place to connect with like-minded individuals. Connecting with one another is easy, and the OAC encourages it with our Convention Welcoming Committee. The Convention Welcoming Committee exists to help all attendees, especially first-timers, understand Convention, learn more about all that Convention has to offer and much more! To contact any of the YWM2014 Convention Welcoming Committee members and ask questions, visit www.YWMConvention.com. YWM2014 will be a place where you have the chance to identify with folks who share your struggles, triumphs and questions. From the free exercise classes to the special events, there are so many unique opportunities for you to make new friends and catch-up with old ones too!

What's the Cost?

The OAC takes the cost of attending Convention very seriously. We know that individuals prioritize their spending, and we know you want access to the quality education offered at YWM2014. We're going to do whatever it takes to make that happen; therefore, we've kept the cost low to attend this one-of-a-kind event:

2014 Your Weight Matters National Convention Pricing

Full Event Registration — BEST VALUE!

Full Convention Registration is the best value and designed for attendees who want to take advantage of ALL aspects of the Convention. *Full Convention Registration includes: Access to all educational sessions, group fitness classes and the YWM Healthy Living Expo; Convention T-shirt; tote bag; ability to pre-register for an OAC Training Session (Thurs); breakfast on Friday and Saturday; and tickets to Friday night dinner and Saturday night OAC Annual Awards Dinner. Lunch is NOT included.*

Early Bird - Ends June 4th

\$95 Full Convention Registration
\$135 Full Convention Registration with CE Credits

After June 4th

\$125 Full Convention Registration
\$165 Full Convention Registration with CE Credits



WHY IT'S UNIQUE

The OAC's Annual Convention is Unique because...

- We offer **MORE THAN 50 EDUCATIONAL TOPICS.**
- **COMPLIMENTARY GROUP FITNESS CLASSES** are offered each day.
- **ALL MEALS ARE LABELED WITH NUTRITION CONTENT** to help you stay on track.
- We give you the rare opportunity to **SIT ONE-ON-ONE WITH THE LEADING HEALTHCARE EXPERTS.**
- We offer an **AFFORDABLE REGISTRATION FEE**, making it easy for you to attend.
- The entire meeting is a **WEIGHT BIAS-FREE ZONE**, so you feel comfortable.

One-day Registration

One-day Registration is designed for attendees who want to access the educational sessions but do not wish to take part in meal functions or social events. *One-day Registration includes: Access to all educational sessions, group fitness classes and the YWM Healthy Living Expo; Convention T-shirt; tote bag; and the ability to pre-register for an OAC Training Session (Thurs). Meals, Lunch with the Experts and social events are NOT included.*

Early Bird - Ends June 4th

\$30/day Friday and Saturday
\$50/day Friday and Saturday with CE Credits

After June 4th

\$40/day Friday and Saturday
\$60/day Friday and Saturday with CE Credits

2014 OAC Your Weight Matters National Convention Program Agenda



Thursday, September 25

- 10:30 am – 5:00 pm Registration Open
12:00 pm – 4:00 pm **NEW SESSION! – Everyday Advocacy**
OR
OAC National Advocacy Training Session
7:00 pm – 8:30 pm Convention Attendee and Exhibitor Welcome Reception

Friday, September 26

- 7:00 am – 7:45 am Group Exercise Classes
7:00 am – 5:00 pm Registration Open
8:00 am – 9:15 am Breakfast (served in Expo Hall)
8:00 am – 5:00 pm Expo Hall Open
9:15 am – 9:55 am **KEYNOTE – Health is Not Measured in Pounds**
Arya Sharma, MD, PhD, FRCPC
10:00 am – 10:40 am **National Weight Control Registry: Common Behaviors in Weight Maintenance**
James O. Hill, PhD
10:40 am – 11:15 am Break – Visit Expo Hall
11:15 am – 12:00 pm **Vision is Vital: Challenging Falsely Acquired Thoughts**
Merrill Littleberry, LCSW, LCDC, CCM, CI-CPT
12:15 pm – 1:15 pm Lunch with the Experts (ticketed event)

Friday Lunch Topics

1. Flying Solo? Connecting with Fellow First-time Attendees
2. Breaking Bias: Sharing Your Experiences and Ways to Make a Difference
3. Children and Weight Bullying – Recognizing Signs and How to Help
4. Steps and Reps – Finding the Right “Fit” for My Fitness Plan
5. A to Zen – Yoga, Meditation and Stretching
6. Low Effort, High Impact: Prioritizing Personal Changes to Tackle Your Health
7. Strategies for Maintaining Your Weight and Gaining Your Health
8. Nutrition Labels are Black and White... but Need to be Read All Over
9. Linking With Others: Finding Your Support System and Tools Online
10. It's Not Just about Obesity: Living with Chronic Conditions that Impact Weight
11. Workin' 9-5... On YOUR Health! Creating a Healthy Workplace
12. Vitamins and Supplements after Bariatric Surgery – How Do I Know What I Need?
13. Am I My Own Worst Enemy? Breaking-free from Self-sabotage
14. In it for the Long Haul: Tips for Success in Your Bariatric Surgery Journey
15. The Frustration of Post-Surgery Regain: Restarting Your Weight-loss
16. It's a Guy Thing – A Conversation about Men's Weight and Health
17. Romance and Love after Weight-loss: The Fears and Excitement of Intimacy
18. Understanding the Family Dynamic and its Role in Weight and Health

Start of Friday Breakout Sessions

- 1:30 pm – 2:10 pm **Frauds and Fads – Detecting Weight-loss Gimmicks**
Ted Kyle, RPh, MBA
OR
A Look at the Complex World of Childhood Obesity
Stephen Cook, MD
2:20 pm – 3:00 pm **Contradictions, Complexities and Confusion: The Ever-Changing World of Nutrition**
Holly Herrington, MS, RD, CDE
OR
Maximizing Health and Avoiding Regain — Success Strategies for Your Bariatric Surgery Journey
Lloyd Stegemann, MD, FASMBS
Break – Visit Expo Hall
3:00 pm – 3:45 pm **Why Diets May Not Work: The Complexity of Weight Management**
Arya Sharma, MD, PhD, FRCPC
OR
Fun in Fitness – New Trends in Exercise
Speaker Announced Soon
5:00 pm – 5:45 pm Afternoon Group Exercise Classes
7:00 pm Friday Night Welcoming Ceremonies Dinner (Themed Costume Party)

Saturday, September 27

- 7:00 am – 7:45 am Group Exercise Classes
7:00 am – 5:00 pm Registration Open
8:00 am – 9:15 am Breakfast (served in Expo Hall)
8:00 am – 5:00 pm Expo Hall Open
9:15 am – 9:55 am **Get up! Non-exercise Activity Thermogenesis - the N.E.A.T. Energy of Life**
James Levine, MD, PhD
10:00 am – 10:40 am **Mindful Eating: Eat What You Love, Love What You Eat**
Michelle May, MD
10:40 am – 11:15 am Break – Visit Expo Hall
11:15 am – 12:00 pm **Food Addiction: Finding a Manageable Approach**
Mark S. Gold, MD
12:15 pm – 1:15 pm Lunch with the Experts (ticketed event)

Saturday Lunch Topics

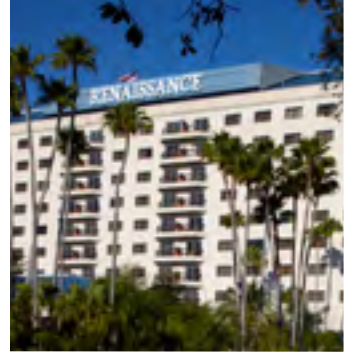
1. Binge Eating Disorder: Understand it. Control it. Manage it.
2. You are Your Best Advocate: Leading Your Healthcare Team
3. Low Effort, High Impact: Prioritizing Personal Changes to Tackle Your Health
4. Embracing “The Change” – Menopause and Your Weight
5. Business or Pleasure: How to “Carry-on” Your Health Goals on the Road
6. “What’s up, Doc?” – Your Medical Questions Answered
7. Sad, Mad, Glad – Overcoming Emotional Eating
8. The Emotional Rollercoaster: Highs and Lows after Weight-loss
9. Voices about My Choices - Helping Others Understand My Decision to Have Bariatric Surgery
10. The Race to Improved Health – Working toward Your First 5k
11. Depression and Your Weight: Tools to Battling these Intertwined Issues
12. Transfer Addiction – The Science, The Reality, The Truth.
13. Grocery Shopping and Meal Planning: Keeping You and Your Wallet Healthy
14. Plastic Surgery after Weight-loss: Exploring the Procedures
15. Making Your Practice a Bias Free Zone: Tools for Healthcare Providers
16. Questions about Bariatric Surgery Revisions? Let's Talk.
17. The Expanded Toolbox of Options: Obesity Drugs and Weight Management
18. Bypass, Band, Sleeve, DS? Which Bariatric Surgery Option is Best for Me?

Start of Saturday Breakout Sessions

- 1:30 pm – 2:10 pm **GET UP! Chair-escape Solutions for Work, School and Self**
James Levine, MD, PhD
OR
The Mind, Body, Soul Approach to Stress Management
Janet Konefal, PhD, MPH, AP
2:20 pm – 3:00 pm **Tools in the Toolbox: Finding the Weight-loss Option that is Best for You**
Domenica Rubino, MD
OR
Addressing Medical Concerns of the Long-term Bariatric Patient
Stephen G. Boyce, MD
Break – Visit Expo Hall
3:00 pm – 3:45 pm **How to Break Your Eat-Repent-Repeat Cycle**
Michelle May, MD
OR
All Aboard! Getting Your Family on Track with Health Changes
Speaker Announced Soon
5:00 pm – 5:45 pm Afternoon Group Exercise Classes
7:00 pm – 7:30 pm Pre-Reception
7:30 pm – 11:00 pm 3rd Annual OAC Awards Dinner

Sunday, September 28

- 7:30 am OAC Special Send-off Event



Reserve Your Room Today!

Located in the heart of Orlando, Fla. and the number one tourist destination, the Renaissance Orlando at SeaWorld will offer you luxurious accommodations with an incredible room rate of \$109/night. And what better destination to have your family or friends tag along for an unbelievable Convention and access to all Orlando-area attractions.

Your room rate of \$109/night includes:

- Free parking
- Complimentary WiFi Access in guest rooms
- Complimentary WiFi Access in meeting rooms for all attendees
- Complimentary use of onsite fitness facility

Make Your Reservation by Phone:

To reserve your room by phone, please call (800) 468-3571 and use code "OAC" to receive the preferred rate of \$109/night.



Make Your Reservation Online:

Visit www.YWMConvention.com and click the "Travel Details" link to make your reservation online. The preferred room rate of \$109/night is for single/double occupancy. These rates are effective until the room block closes (or sells out, whichever comes first). Room rates are subject to applicable taxes.



Join Us!

It's Your Turn to SHINE!

Whether you've just taken the first step in managing your weight or you're a post-bariatric surgery patient looking to learn more about how your weight and health go hand-in-hand and get back on track, YWM2014 is the perfect three-day event to arm you with the evidence-based educational information you need.

We hope you will join us in Orlando, Fla., on September 25-28 for the 2014 *Your Weight Matters* National Convention – because **ONLY TOGETHER, WILL WE SHINE.**

THANK YOU

TO ALL OUR NATIONAL SPONSORS

PLATINUM



GOLD



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SILVER



BRONZE



National sponsorships are still being secured and a variety of unique support opportunities are still available. Sponsorship of the Convention comes with a host of benefits to ensure maximum exposure for your company. For more information on Convention Sponsorship, please email Kristy Kuna, OAC Director of Programs and Membership at kkuna@obesityaction.org.

See You in Orlando!

www.YWMConvention.com



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

info@obesityaction.org

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



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