



YWM 2013

OAC's 2nd Annual *Your Weight Matters*
NATIONAL CONVENTION

August 15-18, 2013

"When you've been obese all your life, and you always had negative experiences, it was great that this whole weekend was dedicated to a cause that's affected my life and will affect me the rest of my life."

Sarah Bramblette
Portsmouth, OH

"The people that I met there and the connections that I made at the OAC Convention made a difference in my life. It made me realize that I am somebody. I am somebody at any size. I matter."

Michelle Mata
San Antonio, TX

"I had one of the most renowned doctors in obesity sitting there saying, 'You're going to be successful. You're at a healthy weight.' It was an amazing mental breakthrough for me."

Pandora Williams
Williamsville, OK

"It is the best convention about weight, health, obesity issues out there. THE BEST."

Michelle Vicari
Temecula, CA

On August 15, the sun will rise in Phoenix. On August 15, a challenge will be issued. Are you ready to "Rise to the Challenge" with the OAC? Prepare yourself for one of the most energetic crowds along with the most comprehensive educational convention on weight and health – the 2nd Annual *Your Weight Matters* National Convention – "Rise to the Challenge."

If you attended the OAC's Inaugural Convention last year, you know first-hand the impact that this meeting aims to have on your health, weight and life. In less than a year, the *Your Weight Matters* Convention has sent shockwaves throughout the health-education community and is the premier meeting on weight and health. The time has come for the OAC to once again offer its members and the public a place to come together to learn evidence-based weight management strategies from the country's leading experts on weight and health.

YWM National Convention at a Glance

The *Your Weight Matters* National Convention is a 3-day educational event designed to bring together all individuals who struggle or are concerned with weight-related issues. The entire weekend is dedicated to presenting a comprehensive educational program, comprised of diverse topics designed to help any individual who has ever had a concern about their weight. We bring-in the country's leading experts on weight and health and give you the RIGHT tools to be successful in your lifelong journey with weight.



2013 OAC Your Weight Matters National Convention

PROGRAM AGENDA



Thursday, August 15

11:00 am – 5:00 pm Registration Open
 11:00 am – 5:00 pm Exhibitor Set-up
 12:00 pm – 5:00 pm National Advocacy Training Session
 5:30 pm – 7:00 pm Board Meeting
 7:30 pm OAC Member Mingle

Friday, August 16

7:30 am – 8:15 am Group Exercise Events (*multiple options offered*)
 7:30 am – 5:00 pm Registration Open
 8:30 am – 9:30 am Breakfast
 8:30 am – 5:00 pm Exhibit Hall Open
 9:30 am – 10:20 am **Rise to the Challenge: Your Health Matters**
 10:30 am – 11:15 am **The Rollercoaster of Life: Major Events that Impact a Woman's Weight**
 11:15 am – 11:45 am Break
 11:45 am – 12:30 pm **Weight Bias – Changing Public Perception Starts with Me**
 12:45 pm – 1:45 pm Lunch with the Experts (*ticketed event*)

Friday Lunch Topics

1. Are You Smarter than a 5th Grader... about Nutrition?
2. Eating Healthy Away from Home: Tips and Tricks
3. Post-surgery Supplementation – What's Best for Me?
4. Linking with Others: Finding Your Support System and Tools Online
5. Pregnancy Post-Bariatric Surgery – What to Expect
6. Self-sabotage: Am I the Reason I'm Not Losing Weight?
7. Weight and Relationships: An Intimate Discussion
8. Taking it Step-by-Step: Guidance in Starting Your Personal Exercise Plan
9. Advocacy 101 – Influencing Your Legislators
10. Shop Wisely: Avoiding Unhealthy Detours at the Grocery
11. I've Found My Tool, How Do I Get it Covered? Understanding the Insurance Process
12. Dear Doctor: Your Bariatric Surgery Questions Answered
13. Weight-loss Plateaus – Breaking through the Frustration
14. Breaking down the Measurements – BMI, Ideal Weight, Waist Circumference
15. Weight-loss Myths – Weighing the Evidence
16. Think before You Speak: To Talk or Not to Talk to a Loved One about their Weight

START OF FRIDAY BREAKOUT SESSIONS

2:00 pm – 2:40 pm **Home is Where Health begins: Creating a Healthy Home Environment**
 OR
Fitness Matters: Simple Exercises for Your Busy Schedule
 2:50 pm – 3:30 pm **Everyday Advocacy: Simple Ways to Make a Difference**
 OR
Planning, Shopping and Dining: Practical Tactics for Good Nutrition
 Break
 3:30 pm – 4:00 pm **Your Life-long Journey – Understanding Your Weight Loss Options**
 OR
Who's Staring back at You in the Mirror? Improving Self-Perception
 5:15 pm – 6:00 pm Afternoon Group Exercise Event (*multiple options offered*)
 7:00 pm Welcoming Ceremonies (*Buffet Dinner and themed party*)

Saturday, August 17

7:30 am – 8:15 am Group Exercise Events (*multiple options offered*)
 7:30 am – 5:00 pm Registration Open
 8:30 am – 9:30 am Breakfast
 8:30 am – 3:30 pm Exhibit Hall Open
 9:00 am – 9:40 am **Understanding and Managing Food Addiction**
 9:50 am – 10:30 am **My Everyday Routine Matters: Sleep, Stress and Other Factors Impacting Weight**
 10:30 am – 11:00 am Break
 11:00 am – 11:45 am **Weighing Success beyond the Scale: Identifying and Maintaining a Healthy Weight**
 12:00 pm – 1:00 pm Lunch with the Experts (*ticketed event*)

Saturday Lunch Topics

1. Transfer Addiction: What We Know and What We Don't
2. Weight Regain Post-surgery: Exploring the Causes and When a Revision May be Necessary
3. Superfoods – Are they Really Powerful?
4. Dear Doctor: Your Plastic Surgery Questions Answered
5. Bariatric Surgery Tools for Success: A Bariatric Surgeon's Perspective
6. "Make it Work!" Tailoring Your Wardrobe for Your Changing Body
7. Unlock the Power of Positive Thinking – a Key to Success
8. Changing Relationships after Weight-loss: From the Enablers to Your Support System
9. New Tools in the Toolbox: Medications for Weight Management
10. Healthy Living for Individuals with Type 2 Diabetes and Excess Weight
11. Getting Healthy Together: A Couple's Perspective
12. Let's Talk Weight, Man-to-Man
13. Overcoming the "Carb Creep"
14. 5k, 10k, Tri – OH MY! Where Do I Even begin?
15. Pinching Pennies: Eating Healthy on a Budget
16. Good Reads: Weight-loss Edition

START OF SATURDAY BREAKOUT SESSIONS

1:15 pm – 2:00 pm **One Size Does Not Fit All: Using Personality Traits in Your Weight Management Strategy**
 OR
Channeling Stress: Healthy Outlets to Replace the Calories
 2:10 pm – 3:00 pm **Does that Really Work? Deciphering Popular Weight-Loss Trends**
 OR
Who's in Control? The Science behind Willpower
 Break
 3:00 pm – 3:30 pm **General Session – Expectations of Your Body after Weight-loss: Plastic Surgery and Other Options**
 3:30 pm – 4:45 pm Afternoon Group Exercise Event (*multiple options offered*)
 5:15 pm – 6:00 pm Pre-Reception
 7:00 pm – 7:30 pm OAC 2nd Annual Awards Dinner
 7:30 pm – 11:00 pm

Sunday, August 18

7:00 am Walk Event Registration
 7:30 am Walk from Obesity





Registration for YWM2013 is Now OPEN!

One of the aspects of the Convention that makes it so appealing is the price. The OAC strives to keep the cost to the attendee low. Nowhere else can you have access to the country's leading experts on weight and health, for just \$95 (Early-bird Registration).



Convention Pricing:

Full Convention Registration - BEST VALUE!

Early-bird Discount Deadline – May 20

This is the best registration category for attendees who want to take full advantage to ALL aspects of the Convention. **Full Convention Registration Includes:** Access to all educational sessions, official Convention T-shirt, souvenir canvas tote bag, Convention Program Book, ability to pre-register for the OAC's Advocacy Training Session (Thurs), breakfast on Friday and Saturday morning, ticket to Event Welcoming Ceremonies Dinner (Fri.), and ticket to OAC's 2nd Annual Awards Dinner (Sat.). Lunch NOT included.

\$95 – Full Convention Registration

\$135 – Full Convention Registration with CE Credits

After May 20

\$125 – Full Convention Registration

\$165 – Full Convention Registration with CE Credits

One-day Registration

Early-bird Discount Deadline – May 20

One-day registrations are ideal for attendees who do not wish to participate in the social events and do not want to receive the official Convention T-shirt. **One-day Registrations Include:** Access to Educational sessions, souvenir canvas tote bag, and Convention Program Book. Meals, social events and official event T-shirt NOT included.

\$25/day – Friday and Saturday

\$45/day – Friday and Saturday with CE Credits

After May 20

\$35/day – Friday and/or Saturday Registration

\$55/day – Friday and/or Saturday with CE Credits

Special Events

The Convention guarantees to offer the most up-to-date information on weight and health, but that's not all. In addition to the education you will receive, the Convention also hosts special events that allow you the opportunity to engage yourself even more in all the Convention has to offer!

National Advocacy Training

Thursday, August 15

12:00 pm – 5:00 pm

During the Convention, the OAC will host a special Advocacy Training Session. Advocacy is one of the most important tools when impacting change for those affected by obesity and YOU will have the incredible opportunity during this four-hour session to learn how to become an effective advocate.

The Advocacy Training Session includes:

- In-depth look at the advocacy process
- Opportunity to participate in mock "Day on the Hill" visits with real legislators and staffers
- Tips on how to talk to elected officials
- and much more

Registration for Advocacy Training is FREE; however, OAC Convention registration is required to sign-up for the Advocacy Training Session. Lunch will be served. If you are interested in attending the Advocacy Training Session, you must indicate your attendance when submitting your registration for the OAC Convention. **This special session is limited to the first 100 pre-registered, so don't delay. Sign-up today!**

SPECIAL EVENTS & DINNER/SOCIAL EVENTS



Lunch with the Experts Sessions (\$15/day)

Friday, August 16 – 12:45 pm – 1:45 pm

Saturday, August 17 – 12:00 pm – 1:00 pm

One of the most popular Convention events last year was the Lunch with the Experts sessions. Attendees were able to sit one-on-one in a small group with an expert in a field/topic that interested them. On Friday and Saturday, the OAC will once again feature Lunch with the Experts sessions.

This is a great opportunity to ask some specific questions you've always wanted to and learn from others interested in the same topic. There are 16 different lunch table topics (see Program Agenda on page 5 for topics), with spots for eight attendees at each table. The Lunch with the Experts session is a separate fee from Convention registration (\$15/day). Lunches are reserved on a first-come first-served basis, and you will have the ability to select your top three choices of lunch topics on each day. This session includes lunch and access to the expert of your choice.

Walk from Obesity (\$25/walker)

Sunday, August 18

7:30 am

The *Walk from Obesity* will be the culmination of the Convention, held on Sunday, August 18 on the grounds of the Arizona Grand Resort & Spa. The *Walk from Obesity* is a partnered OAC event that raises awareness and funds to advance the cause of obesity. To learn more about the *Walk from Obesity*, visit www.walkfromobesity.com.



Dinner/Social Events

The biggest takeaways for last year's attendees were the feeling of "home" and sense of "community" experienced at the OAC's Convention. Listening to all the positive feedback after the Convention, one of the resounding messages from our attendees was that they felt like they "finally belonged to something" or "were not alone in the fight against obesity." The OAC will give our attendees the same experience as last year and aims to connect with even more individuals this year. The Convention Dinner/Social Events are an excellent way to get to know your fellow attendees and build friendships that will last a lifetime.

Member Mix & Mingle

Thursday, August 15

7:30 pm

On Thursday evening, the OAC invites you to join us and the OAC National Board of Directors for an informal gathering before the official start of the educational sessions of the Convention. The Member Mix & Mingle is a great place to catch up with old friends and meet fellow Convention attendees in a casual setting. This is also a great time to feel the excitement from all in attendance on the eve of the Convention kick-off.

Friday Night Welcoming Ceremonies Themed Dinner Party

Friday, August 16

7:00 pm

The Friday Night Welcoming Ceremonies party is a fun and exciting way to celebrate the end of the first day of Convention. This party is reserved as a time for our attendees to let loose in a fun-filled event, take lots of photos and share in laughter with one another.

A great aspect to this event is the ability to connect with those you don't know. Many attendees attend the Convention



on their own, so this is a great event that provides a relaxed atmosphere to get to know others better.

This year's Welcoming Ceremonies Dinner will be held in an outdoor venue, situated in the Waterpark on property at the Arizona Grand. With this fun backdrop, we couldn't think of a more perfect theme for the evening than Beach/Luau! But, there's a catch! We are putting your creativity to the test – so this year's costume theme is "Favorite Beach-themed Movie." Of course, a costume is not required, but we want to encourage all attendees to join in the fun and come dressed in their best representation of a beach-themed movie.

All Full Convention Registrants receive one ticket to the Welcoming Ceremonies Dinner as part of their registration. One-day registrants do not receive a ticket to the Welcoming Ceremonies Dinner. For more information on purchasing additional tickets, please visit www.YWMConvention.com.

OAC 2nd Annual Awards Dinner **Saturday, August 17** **7:30 pm**

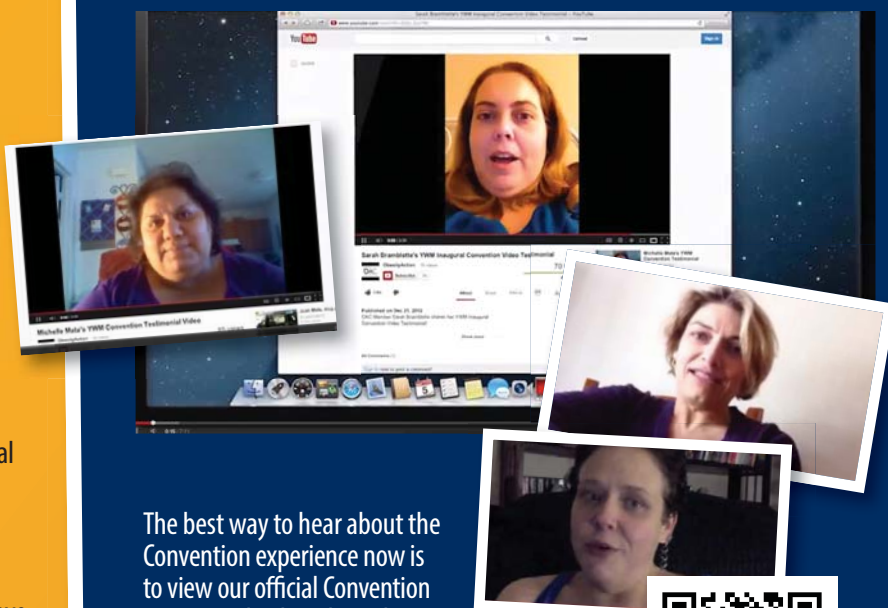
On Saturday evening, the OAC will host its 2nd Annual Awards Dinner, a special time where the OAC honors dedicated members, advocates and volunteers who exemplify excellence in championing the cause of obesity. This will be a more formal night to come together and celebrate the successes of those that have made a significant impact in the lives of those affected.

All Full Convention Registrants receive one ticket to the Awards Dinner as part of their registration. One-day registrants do not receive a ticket to the Awards Dinner. For more information on purchasing additional tickets, please visit www.YWMConvention.com.



HEAR THE REAL STORIES **from those who've** **attended the Convention**

Ask anyone who attended the Inaugural Convention and they'll tell you it was an experience they'll never forget. This year, we're making it even easier for you to hear first-hand what the Convention is all about. We've created a Convention Welcoming Committee, a volunteer group dedicated to helping answer all your questions and get you acclimated to the OAC Convention experience.



The best way to hear about the Convention experience now is to view our official Convention Invitational Video. This video provides you with an inside-look at the Convention, testimonials from past attendees and much more.

To view the video, please visit www.YWMConvention.com or scan the QR code **ABOVE** on this page.

Convention Welcoming Committee

Our committee wants to hear from you and answer all your questions to help you decide if this Convention is the right place for you. Plus, you will have your first connection to the meeting, so you won't have to feel afraid if traveling on your own to Phoenix.

For more information on the Convention Welcoming Committee, please visit www.YWMConvention.com and click on the "Convention Details" tab.

Did you know?

Did you know the OAC recently launched a brand-new Web site dedicated solely to the *Your Weight Matters* National Convention? Located at www.YWMConvention.com, you will find all the information to help you make your plans to join us in Phoenix for this one-of-a-kind event. Visit www.YWMConvention.com today!



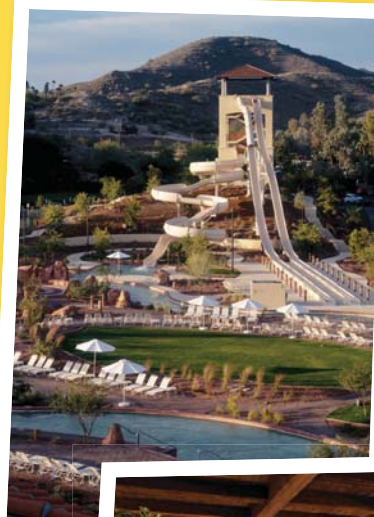
Hotel Information

What would you say if we told you that this year's hotel rivals last year's? Well, how about some sun, some fun, a state-of-the-art fitness center, and oh, yea, a waterpark? These are just "some" of the features of this year's host hotel – the Arizona Grand Resort & Spa. This property promises to offer guests the highest level of accommodations set against a picturesque mountain range, complete with cacti and exquisite sunsets.

This year, we are pleased to have secured a competitive room rate of \$105/night (single/double occupancy) for OAC Convention attendees. All guest rooms at the Arizona Grand are suite-style, with a separate living area that also has a pull-out sofa, making it an ideal set-up to share rooms with others. We expect the Convention room block to sell quickly so be sure to make your room reservations as early as possible. **The room block will close on July 22, or when all rooms are filled, whichever comes first.**

The Arizona Grand Resort and Spa is unique because it not only has the perfect meeting facilities to offer some great education, but it also offers a little something extra for our attendees wanting to get away. With only a six mile commute from the airport, the Arizona Grand offers:

- All-suite accommodations
- Six outdoor leisure and lap pools
- A seven acre waterpark (perfect for the Arizona mid-Aug. heat)
- Full-service spa with 14 spa treatment rooms
- 18-hole signature golf course
- Nearby hiking and trails
- And much more!



Reserve Your Room Today!

The Convention room block is already more than 50% sold. Be sure to make your room reservations as soon as possible at the Arizona Grand Resort & Spa!



Reserve Your Room Now!

We encourage you to make your room reservations now as the room block fills quickly. If you have any issues making your reservations, please contact the OAC at convention@obesityaction.org or (800) 717-3117.

Make Your Reservation by Phone:

To make your room reservation by phone today, please call the Arizona Grand Reservation Line at: (877) 800-4888. Identify yourself as an attendee of the "OAC Convention" to receive the preferred rate of \$105/night.

Make Your Reservation Online:

To make your room reservation online, please visit www.YWMConvention.com and click on the "Travel Details" tab located on the top navigational bar. Once clicked, you will see a "**Click Here to Reserve Your Room at the Arizona Grand**" button. Simply click the button and you will find all the information needed to reserve your room using the preferred rate. This rate is for single /double occupancy. These rates are effective until the room block closes (or sells out, whichever comes first). Rates are subject to applicable taxes. The resort fee has been waived for OAC Convention guests.

For more information on the host hotel, such as what's included in your reservation and information on travel discounts, please visit www.YWMConvention.com.

Convention Exhibit Hall

This year, the OAC Convention will once again host a 2-day Exhibit Hall packed with hand-picked vendors offering you the latest products and services to help you in your weight-loss journey.

If you are a vendor and are interested in exhibiting at the *Your Weight Matters* National Convention, please email convention@obesityaction.org for more information.



OAC Thanks Our National Sponsors of the *Your Weight Matters* Convention

PLATINUM



GOLD



BRONZE



National sponsorships are still available. Please contact Kristy Kuna, OAC Director of Programs and Membership at kkuna@obesityaction.org or (800) 717-3117 for more information.



GEISINGER

National sponsorships allow the OAC to ensure we keep registration costs to the attendees low. National sponsorships are still being secured and a variety of 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 visit www.YWMConvention.com and click the "Sponsorships & Exhibits" tab.

SEE YOU IN PHOENIX!

Whether you're just learning about how your weight impacts your health, or you've addressed your weight, the *Your Weight Matters* National Convention promises to offer you real, useful tools that you can utilize in your weight-loss journey.



Battling excess weight or obesity is a challenge. It's a challenge that millions of Americans battle each and every day. The OAC is here to help you and invites you to join us as we all "Rise to the Challenge." We look forward to seeing you in Phoenix!



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.



PUBLIC
EDUCATION



ADVOCACY



ANNUAL
CONVENTION



NATIONAL
AWARENESS
CAMPAIGNS



VIBRANT
COMMUNITY

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](https://obesityaction.org/join)

info@obesityaction.org

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



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