



YOUR WEIGHT MATTERS

NATIONAL CONVENTION

Join Us for a Weekend of Support, Education and Advocacy

JULY 23–25, 2026 • ORLANDO, FL

There's Still Time to Join Us in Orlando

There's something special about walking into a room filled with people who truly understand your journey.

Soon hundreds of individuals from across the country will gather in Orlando, Florida, for the Obesity Action Coalition's (OAC) 2026 *Your Weight Matters* National Convention, taking place July 23–25 at the Renaissance Orlando at SeaWorld. And if you've been thinking about attending, there is still time to join us.

The *Your Weight Matters* National Convention is more than a conference. It is a weekend filled with trusted education, meaningful support, powerful conversations and unforgettable moments with people who simply get it. Whether you are newly beginning your journey or have spent years navigating weight and health challenges, this event is designed to meet you where you are.

This year's Convention is shaping up to be one of our most exciting yet with brand-new experiences, expanded programming and more opportunities to connect, learn and feel inspired.



So Much New This Year

One of the biggest additions for 2026 is the debut of the Health Hub, an interactive space inside the Exhibit Hall designed to help attendees take the next step in their health journey. In partnership with AdventHealth, attendees will have access to free onsite health screenings, practical tools and trusted educational resources they can bring back to their healthcare providers and support systems. The Health Hub will also feature a mini speaker stage with short talks and demonstrations throughout the weekend.

Another exciting addition is the Creation Station, a fun interactive space where attendees can share their stories, record social media content, participate in podcast-style conversations and amplify their voice in the obesity conversation. Want to advocate for better care? Share your experience? Inspire someone else? The Creation Station was built for exactly that.



Education That Is Relevant and Real

Attendees can expect a packed schedule featuring leading experts in obesity medicine, research, mental health, nutrition, advocacy and patient-centered care. Sessions are designed to go beyond outdated weight narratives and explore the real science behind obesity including biology, genetics, environment, mental health and evidence-based treatment options.

You will not just sit in a ballroom listening to lectures. You will take part in interactive workshops, ask questions during Lunch with the Experts roundtables and connect directly with healthcare professionals and fellow attendees who understand the everyday challenges of managing weight and health.

This year's schedule also includes advocacy training, inclusive movement sessions, scavenger hunts, Thrive Together youth and family programming and evening events designed to help attendees relax, build connections and celebrate together.

And yes, the fan-favorite social events are back including the "Splash Into Support" Costume Party and Dinner on Friday night and the "Reflections & Connections" Dinner on Saturday evening.



If You've Ever Wanted to Get More Involved, This Is Your Chance

The *Your Weight Matters* National Convention is not just about learning. It is also about finding your voice and discovering the many ways you can help create change.

This year, attendees will have the opportunity to participate in two special advocacy-focused sessions on Thursday designed to help people take the next step in getting involved with OAC and obesity advocacy.

National and State Advocacy Training is perfect for anyone ready to make their voice heard where it matters most. This dynamic session explores how laws and policies shape obesity care at both the national and state levels and how everyday people can help influence change. Attendees will learn how to confidently share their story with decision-makers and see how OAC advocates are helping drive progress across the country. Whether you are brand new to advocacy or ready to deepen your involvement, this session will leave you energized, informed and ready to make an impact.

Attendees can also join Everyday Advocacy: Get Involved with OAC, an engaging session focused on the many ways people can stay connected and involved throughout the year. From participating in programs and awareness campaigns to volunteering, sharing lived experience and supporting community efforts, this session highlights meaningful ways to help strengthen the movement. Whether you are looking for small ways to contribute or hoping to become more involved long-term, you will leave with practical ideas and opportunities to take action.

One of the most powerful parts of the Convention is realizing that your story, your lived experience and your voice truly matter.

The Community People Talk About All Year Long

Ask past attendees what keeps them coming back and most will tell you the same thing: the people.

For many individuals, the *Your Weight Matters* National Convention is the first place they have ever felt fully understood without judgment. Friendships form quickly here. Conversations are honest. Support is genuine. As past attendee Jamie Selzler shared, the Convention was "the first place I was ever truly seen with zero judgment." That feeling is hard to explain until you experience it yourself.



Why You Shouldn't Wait

If you have been considering attending, now is the time to make your plans. This is your opportunity to spend a weekend investing in yourself, your health and your future alongside a welcoming community that believes you deserve evidence-based care, respect and support.

You will leave with more than information. You will leave with practical tools, new perspectives, meaningful connections and memories that stay with you long after the weekend ends. And this year, with so many exciting additions and experiences happening throughout the Convention, you truly will not want to miss it.

We hope to see you in Orlando.

Learn more and register at:
YWMConvention.com

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PUTTING OUR MISSION INTO MOTION

Every initiative we lead is rooted in our commitment to uplift and support individuals affected by obesity.

LERC

Lived Experience Research Collaborative
An Initiative by the Obesity Action Coalition

Advancing obesity
research through
lived experience



**Thrive
Together**

Empowering youth
and families with
resources to thrive

**STOP
WEIGHT BIAS**

Challenging weight
bias and pushing
equality forward



**OAC
ACTION**

Mobilizing advocates
to create change

**obesity
care
week**

Raising global awareness
to rethink how we care
for obesity



YOURWEIGHTMATTERS
FOR YOUR HEALTH

Helping individuals
start the conversation
about weight with a
healthcare provider

... And that's not all.

Explore more at
ObesityAction.org





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

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