

FRIDAY, OCTOBER 17th

7:00AM - 7:30AM **Fitness Session: Connie Stapleton, PhD** - Poolside Terrace
Mindful Movement: Gentle Yoga & Stretching

8:00AM - 2:00PM **:: 2025 CONFERENCE REGISTRATION ::** - Crystal Ballroom Foyer
During the registration check-in process, you'll receive your personalized badge and a fantastic swag bag!

8:00AM - 4:00PM **:: EXHIBITOR VISITS ::** - Monarch Ballroom
Explore weight management products and services in the exhibitor hall.
Sample, learn, and find what best aligns with your goals!

8:00AM - 4:00PM **:: CLOTHING EXCHANGE ::** - Catalina Ballroom
Experience a FREE Shopping Spree! No need to bring clothing to take clothing!

8:45AM **:: BALLROOM DOORS OPEN ::** - Crystal Ballroom

9:15AM - 10:00AM **:: MIX & MINGLE WELCOME Sponsored by LeRenew ::** - Crystal Ballroom
Join Lauren and Yelena to play ice-breaker games, win prizes, and build meaningful connections.

10:30AM - 11:00AM **Plastic Surgery Session: Dr. Munish Batra** - Crystal Ballroom
Beyond Aesthetics - The Functional Outcomes

11:00AM - 11:30AM **:: ANNOUNCEMENTS & GROUP PHOTOS ::** - Crystal Ballroom

11:30AM - 1:00PM **:: LUNCH BREAK ::** - (Nearby restaurants)
Take some time to explore and go have lunch with your friends before the sessions begin!

1:30PM - 2:15PM **Session 1: Dr. Csilla Ari D'Agostino** - Crystal Ballroom
Ketones As A Path For Metabolic Health

2:15PM - 3:00PM **Session 2: Dr. Tro Kalayjian** - Crystal Ballroom
Seeing the Signal: How CGMs & Sleep Trackers Can Help Conquer Hunger

3:15PM - 4:00PM *** Workshop Topic A: Connie Stapleton, PhD** - Crystal Ballroom
Triggers vs True Needs: Breaking the Cycle of Addiction

3:15PM - 4:00PM *** Workshop Topic B: Dr. Steven Reyes** - Irvine Ballroom
Rewriting the Story: Healing from Weight Stigma

4:00PM - 4:20PM **Keto Patient Talk: Amy Eiges** - Crystal Ballroom
A Patient Perspective on Food Addiction and Obesity

4:20PM - 6:00PM **:: DINNER BREAK ::** - (Nearby restaurants)
Take some time to explore and go have dinner with your friends before the party begins!

6:30PM - 10:00PM **:: MEET & GREET COSTUME PARTY ::** - Poolside Terrace
6:30PM: To participate in the costume contest start lining up and get your contest photo taken.
7:30PM: Doors Open
7:45PM - 8:15PM: Costume Contest, Announcements & Giveaways
8:15PM - 10:00PM: Dancing, Socializing, Photos!

SATURDAY, OCTOBER 18th

7:00AM - 7:30AM **Fitness Session: Glenda & Christine** - Pool Terrace
Rise, Shine, & Step Into Your Day

8:00AM - 2:00PM **:: 2025 CONFERENCE REGISTRATION ::** - Crystal Ballroom
During the registration check-in process, you'll receive your personalized badge and a fantastic swag bag!

8:00AM - 4:00PM **:: EXHIBITOR VISITS ::** - Monarch Ballroom
Explore weight management products and services in the exhibitor hall.
Sample, learn, and find what best aligns with your goals!

8:00AM - 4:00PM **:: CLOTHING EXCHANGE ::** - Catalina Ballroom
Experience a FREE Shopping Spree! No need to bring clothing to take clothing!

8:45AM **:: BALLROOM DOORS OPEN ::** - Crystal Ballroom

10:00AM - 11:00AM **:: FIRESIDE CHAT ::** - Crystal Ballroom
What Your Body Is Trying to Tell You: Rethinking Health, Hunger, and Healing
- Dr. Garth Davis, Bariatric Surgeon & Weight Loss Specialist
- Dr. Tro Kalayjian, Internal Medicine & Obesity Medicine Physician
- Dr. Csilla Ari D'Agostino, Neuroscientist & Researcher
- Dr. Steven Reyes, Psychologist

11:00AM - 11:30AM **:: ANNOUNCEMENTS & GROUP PHOTOS ::** - Crystal Ballroom

11:30AM - 1:00PM **:: CATERED LUNCH BUFFET ::** - Crystal Ballroom
ObesityHelp provides a healthy lunch today for registered attendees, so please join us!

1:30PM - 2:15PM **Session 1: Dr. Garth Davis** - Crystal Ballroom
Plant Proteins - What You Should Know

2:15PM - 3:00PM **Session 2: Dr. Jaclyn Leong** - Crystal Ballroom
Preserving Muscle Mass During GLP-1 Therapy: Nutrition and Integrative Approaches

3:15PM - 4:00PM *** Workshop Topic A: Connie Stapleton, PhD** - Crystal Ballroom
Triggers vs True Needs: Breaking the Cycle of Addiction

3:15PM - 4:00PM *** Workshop Topic B: Dr. Steven Reyes** - Irvine Ballroom
Rewriting the Story: Healing from Weight Stigma

4:00PM - 4:20PM *** Bariatric Patient Journey: Carrie Brody** - Crystal Ballroom
Finding Strength in Support: Carrie's Bariatric Journey to Lasting Weight Loss

4:20PM - 6:00PM **:: DINNER BREAK ::** - (Nearby restaurants)
Take some time to explore and go have dinner with your friends before the party begins!

6:30PM - 10:00PM **:: RED CARPET, FASHION SHOW, AFTER PARTY ::** - Crystal Ballroom
Sponsored by Premier Protein®
6:30PM: Come walk the Red Carpet and get your photo taken in style!
7:30PM: Doors Open
7:45PM: Fashion Show Models Meet-Up
8:00PM - 8:45PM: Fashion Show, followed by Announcement & Prizes
9:15PM - 10:00PM: Dance, socialize, and have fun at the photo booth for the rest of the night!