



FREE
1.0
RN | CE
RD | CPEU*

WEBINAR: The Benefits of Personalized Nutrition and Lifestyle Approaches in Obesity Management: Exploring the Role of Muscle Health

LEARNING OBJECTIVES:

- Describe the disease of obesity and the importance of muscle health in the context of obesity.
- Identify the four phenotypes and examine nutrition interventions for each obesity phenotype.
- Discuss short and long-term nutrition considerations for patients on anti-obesity medications, reframing the conversation to include muscle health.
- Explore the unintended outcomes for those using anti-obesity medications and the potential benefits of individualized, precision nutrition and lifestyle interventions for weight management.

MEETING INFORMATION:

Date: Wednesday, June 19, 2024

Time: 12-1 PM ET

[Webinar Registration Link](#)

SPEAKERS:

MODERATOR:



DOMINIQUE WILLIAMS
MD, MPH, FOMA, Dipl. ABOM

Medical Director
Abbott Adult Nutrition
Columbus, OH, USA

SPEAKERS:



ANDRES ACOSTA
MD, PhD

Associate Professor of Medicine
Mayo Clinic
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NINA CROWLEY
PhD, RDN, LD

Professional Affiliations and Education Manager
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Participants can only claim credit for one of the learning formats (live program, or self-study). To receive credit for the self-study program, participants must view the self-study program independently and complete the post-test and evaluation to obtain their certificate.

Abbott Nutrition Health Institute is an approved provider of continuing nursing education by the California Board of Registered Nursing Provider #CEP 11213.

*The CPE activity application for The Benefits of Personalized Nutrition and Lifestyle Approaches in Obesity Management: Exploring the Role of Muscle Health is pending CDR review and approval for 1.0 CPEUs.

