YOU’RE INVITED!

YOUR WEIGHT MATTERS
CONVENTION & EXPO

August 1-3 • Tampa, FL

WHERE YOU WILL FIND
REAL EXPERTS.
REAL PEOPLE.
REAL SUPPORT.

Navigating health can be a challenge, but with the help of REAL EXPERTS in health and weight management pointing you in the right direction, you will find the right tools and resources to empower your journey through REAL SUPPORT for REAL PEOPLE!

At this year’s 8th Annual Your Weight Matters Convention & EXPO, the Obesity Action Coalition (OAC) wants to help you find the tools you need for your health journey while finding real support! Since our inception in 2005, we’ve devoted our work to providing a unique community where the everyday individual can find a welcoming and supportive place to move forward on their weight management journey. We are honored to host such a special Convention each year and to offer an environment rich with science-based education, leading experts presenting world-class information, practical tips, tools, guidance and more!

This summer, we are happy to meet you in our hometown of Tampa for a weekend filled with unparalleled weight and health information, genuine support, an open community and brand new opportunities. With great excitement, we invite you to join us at YWM2019 and learn from REAL EXPERTS, meet REAL PEOPLE and find REAL SUPPORT.
What You’ll Experience at YWM2019

TOP-NOTCH WEIGHT AND HEALTH EDUCATION PRESENTED BY REAL EXPERTS

YWM2019 is the only place to find this level and quality of education! Real experts break down the latest science into easy-to-understand and practical insight for our attendees. Take advantage of our world-class Program Agenda featuring the following highlights:

• More than 50 unique topics presented by the nation’s leading experts
• Practical tips, tricks and tools to take home with you
• Chances to connect with experts one-on-one
• Advocacy training sessions designed to help you become a better advocate and prepare to take action

ACCESS TO THE EXPERTS

Don’t just listen to the experts talk about weight and health — take the time to dive-in and connect with them! The following YWM2019 special events provide you with the opportunities to choose specific topics and discuss them with our REAL EXPERTS:

• Breakfast with the Experts (ticketed event - $18/day)
• Lunch with the Experts (ticketed event - $18/day)
• Saturday afternoon Workshop – (ticketed event - $15)

OPPORTUNITIES TO LEARN, CONNECT AND ENGAGE!

Convention is a place where all individuals are welcome — no matter their stage in their weight management journey. We want you to have a place where you can learn, connect and engage with individuals with shared experiences and build relationships to last a lifetime. You can look forward to the following special events that offer connection opportunities:

• Convention Attendee and Exhibitor Welcome Reception
• Friday Night Welcoming Ceremonies
• Convention Closing Ceremonies: A Time to Reflect, Share and Stay Energized

DIVERSE EXPO HALL

We invite you to discover our EXPO Hall, with a diverse collection of exhibitors featuring the latest products and tools in the industry! The EXPO Hall features a variety of opportunities, including:

• More than 30 unique vendors from the weight and health industry
• Time to mingle and connect with other attendees
• Products, services, samples and more

ENERGIZING EXERCISE PROGRAM

Our Convention offers a safe space for individuals of all skill levels to participate in the following group exercise classes:

• Morning walks and runs
• Aqua Fitness
• Group Fitness
• And more

HEALTHCARE PROFESSIONALS: EARN UP TO 18 CE CREDITS!

At YWM2019, nurses and some healthcare professionals have the opportunity to learn what their patients learn and better connect with the needs of their patients when it comes to weight, health, nutrition, exercise, obesity and more - all while earning up to 18 CE Credits! Early-bird CE Credit Rates include:

• $155 for Full Registration w/ CE Credits
• $75 for Single-day Registration w/ CE Credits
**2019 Convention Schedule**

**Thursday, Aug. 1**

10:30 am – 5:00 pm  | Registration Open
1:00 pm – 4:30 pm  | Training Sessions
7:00 pm – 8:30 pm  | Convention Attendee and Exhibitor Welcome Reception
*(included with all registration options)*

**Friday, Aug. 2**

7:00 am – 7:45 am  | Group Exercise Classes and Morning Walks/Runs
7:00 am – 5:00 pm  | Registration Open
7:30 am – 4:00 pm  | EXPO Hall Open
7:30 am – 9:15 am  | Breakfast in the EXPO Hall

**BREAKFAST WITH THE EXPERTS**

7:45 am – 8:45 am  | Breakfast with the Experts *(Special Event-ticketed)*

**Friday Breakfast Topics**

1. Convention 101: Chatting with Fellow First-time Attendees
2. Self-esteem: Building a Healthy View of You
4. The ups and downs of Your First Year Following Surgery
5. Managing Mental Health Conditions and Your Weight
6. Getting to the Root of Weight Regain: The Balance of Biology and Behaviors
7. The Path to Healthy Living through the Great Outdoors
8. Looking beyond the Numbers: Celebrating Non-scale Victories
9. Exercising with Limitations: A How-to

**GENERAL SESSIONS**

9:00 am – 9:45 am  | Event Welcome: Navigating Health. Changing Tides. Taking Action!
9:50 am – 10:30 am  | Understanding What Drives Hunger: The Connection between Your Brain and Appetite
11:15 am – 12:00 pm  | What the Science Tells Us about Weight-loss, Weight Gain and Weight Maintenance

**LUNCH WITH THE EXPERTS**

12:15 pm – 1:30 pm  | Lunch with the Experts *(Special Event-ticketed)*

**Friday Lunch Topics**

1. Adding Strength Training to Maximize Your Fitness Routine
2. The Changing Tides of Relationships after Weight-loss
3. Weighing My Options: Breaking down Obesity Medications
4. Building Your Healthcare Dream Team: Who Do I Need?
5. Pushing Past Weight Plateaus
6. Sleep Health... from A to Zzzzz!
7. Moving Beyond the Chair of Despair: Make Your Work Environment Work for You!
8. Getting Involved in OAC Action: How I Can Help!
9. Realistic Expectations: Setting Your Health Goals

**BREAKOUT SESSIONS**

1:45 pm – 3:00 pm  | Obesity Medications: Understanding the Impact on Appetite, Hunger and Behaviors
*OR*
| A Complete Look at Mental Health and Obesity: Before, During and after Treatment

3:45 pm – 5:00 pm  | Shifting the Approach: How Companies are Responding to the Ever-changing Needs of Patients
*OR*
| Let’s Get Real about Weight Regain
  - Subtopic 1: The WHY: Exploring the Medical Side
  - Subtopic 2: Exploring the Emotional Side
  - Subtopic 3: Creating Your Nutrition Strategy

5:30 pm – 6:15 pm  | Afternoon Group Exercise Classes
7:30 pm – 10:30 pm  | Friday Night Welcoming Ceremonies Dinner
*(ticketed event – included with Full Convention Registration)*
Saturday, Aug. 3

7:00 am – 7:15 am  Group Exercise Classes
7:00 am – 5:00 pm  Registration Open
7:30 am – 4:00 pm  EXPO Hall Open

BREAKOUT SESSIONS
1:45 pm – 3:00 pm  The Future of Customized Weight Management: What Your DNA and Personal Traits Could Tell You
OR  Tech Tools: The Pros and Woes of Living in a Connected World
3:45 pm – 5:00 pm  What about the 99%? Exploring Why those Eligible for Surgery Don’t Seek Treatment and Breaking down Other Options for Care
OR  Empowering Yourself to be YOUR Post-op Nutritional Health Advocate
5:15 pm – 6:15 pm  Special Workshop: Creating a Place Called Happiness: Fixing Your Foundation in a Broken World (Ticketed event)
6:30 pm – 7:00 pm  Pre-Closing Ceremonies Reception
7:00 pm – 8:30 pm  Convention Closing Ceremonies: A Time to Reflect, Share and Stay Energized!

BREAKFAST WITH THE EXPERTS
7:45 am – 8:45 am  Breakfast with the Experts (Special Event-ticketed)

Saturday Breakfast Topics
1. Avoiding Deficiency: Your Post-op Nutritional Guide
2. Breaking down Popular Diet Trends (Keto, Whole30, Atkins, etc.)
3. Preparing for the Mental Health Transition: Before and after Surgery
4. Navigating the Waves of Stress: Practical Tips and Tools
5. Your Journey with Menopause and Weight-Hoss
6. Lean on Me: Finding the Right Support System to Stay on Track
7. Supporting Your Loved One on their Journey: A Discussion for Caregivers
8. Navigating Clinical Trials: How to Find them and What to Know
9. Denials and Exclusions: Assembling Your Insurance Appeal
10. Complications of Obesity (Type 2 Diabetes, Fatty Liver Disease, CVD, etc.): Let’s Discuss

GENERAL SESSIONS
9:00 am – 9:45 am  Using Your Values to Empower Healthy Change with Acceptance-based Therapy
9:50 am – 10:30 am  Exercise - How Much Does it Really Take?
11:15 am – 12:00 pm  It’s More than Just Weight-loss: What Bariatric Surgery Can Teach Us

LUNCH WITH THE EXPERTS
12:15 pm – 1:30 pm  Lunch with the Experts (Special Event-ticketed)

Saturday Lunch Topics
1. Creating Your Personal Exercise Prescription
2. An Honest Conversation about Transfer Addiction
3. A Healthy Approach to Addressing Weight in Children
4. How to Recognize and Deal with Emotional Eating
5. Meal Planning: Keeping it Spicy!
6. Ask the Doc: Plastic Surgery Options after Weight-loss
7. Expressing Your Identity through Your Fashion ID
8. It’s Time to Do Something about Weight Bias: A Call to Action
AFFORDABLE PRICING OPTIONS FOR EVERYONE

Each year we strive to make the cost of attending Convention as affordable as possible. Whether you’re seeking the right education, looking for tools and support for your weight management journey, supporting a loved one on their journey or are a healthcare provider, YWM2019 is an event you don’t want to miss! Our Registration rate options include:

**Single-day Registration**
- Starting at $50 per day
- Access to:
  - Educational sessions
  - Group fitness sessions
  - EXPO Hall
  - Convention Closing Ceremonies

**Full Convention Registration**
- Starting at $105
- Access to:
  - Educational sessions
  - Group fitness sessions
  - OAC Advocacy Training sessions
  - EXPO Hall
  - Breakfast on Friday and Saturday morning
  - One ticket per registration for the Convention Attendee and Exhibitor Welcome Reception, Friday Night Welcoming Ceremonies and Convention Closing Ceremonies

Meals, Breakfast/Lunch with the Experts sessions, social events and workshops are NOT included with Single-day Registration.

Breakfast/Lunch with the Experts sessions and Saturday’s Workshop are NOT included with Full Convention Registration.

Register Today! Visit YWMConvention.com
Please note: Prices listed above are part of our Early-bird Registration promotion and will last through May 31.

RESERVE YOUR ROOM IN TAMPA!

We’re excited to host YWM2019 at the beautiful and accommodating Tampa Marriott Waterside Hotel and Marina — located right in the center of downtown along the beautiful Tampa Riverwalk! Reserve your room for just $145/night (Single/Double Occupancy) — a special discounted rate we’ve reserved just for our attendees!

Reserve Your Room Online
To reserve your room online for YWM2019, please visit YWMConvention.com/attend/hotel-information.

Call to Make a Reservation
To make your Reservation by phone, please call (813)-221-4900 and mention the reference code “YWM2019” to receive our preferred rate! The Convention Room Block is filling up quickly, so reserve your room as soon as possible!

THANK YOU to our Early Convention National Sponsors!

SILVER PLATINUM BRONZE

We’ll see you in Tampa as we empower our health journey by Navigating Health, Changing Tides and Taking Action.

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