

# Weight Management and COVID-19: What you need to know

Live webcast where leading Canadian experts answer your top questions about COVID-19 and how it impacts weight management.



## Dr. Sue Pedersen

Calgary, AB, Canada

MD, FRCPC

- Specialist in Endocrinology & Metabolism
- Diplomate, American Board of Obesity Medicine
- C-ENDO Diabetes & Endocrinology Clinic

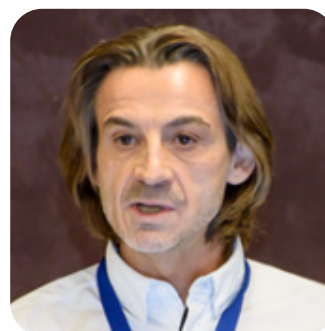


## Dr. Sandy Van

Toronto, ON, Canada

MD, CCFP

- Diplomate, American Board of Obesity Medicine
- Medical Director, Lifestyle 360 at WellOne Medical Centre



## Dr. Michael Vallis

Halifax, NS, Canada

PhD, R. Psych

- Health Psychologist; specialist obesity, diabetes, behaviour change and psychological adaptation to chronic disease
- Associate Professor, Family Medicine, Dalhousie University



Date: Tuesday April 28, 2020

Time: 7:00 PM–8:00 PM EST (5:00–6:00 PM MT)

[Link to event](#)



## Have questions for the experts?

Ask questions live or submit your questions before the event.

[Submit your question](#)



## Unable to attend the live webcast?

You can register to receive a video recording of the event.

[Register here](#)

Weight management can be challenging for many, but what are the implications of COVID-19 on this topic and the overall health of Canadians?

Despite all of the available information, it can be challenging to find credible and quality sources about what you need to know during this time, including:

- Managing stress, anxiety and your mental health
- Approaches to healthy eating
- Incorporating physical activity
- Staying engaged in your health

If you're ready to get the facts and have your questions answered, then join us for this informative event!

Have friends or family who have questions for Canada's top physician experts on weight? Forward this invite!