



Weight Management: Expert Insights for Better Health

Wednesday, Sept. 30
5:30 – 7:30 p.m.

Ferris Hills at West Lake
1 Ferris Hills, Canandaigua, NY 14424

This event will help you:

- Understand the options of medication, surgery, nutrition and exercise and the role each plays in weight loss management.
- Learn how to evaluate which strategies may be most appropriate based on individual health needs, goals, and lifestyle.
- Gain practical, evidence-based insights from experts on achieving sustainable weight loss and maintaining long-term health.

Speakers:



Dr. Wilfredo Cruz,
*Primary Care,
Thompson Health*



Dr. Kaci Schiavone,
*Bariatric Surgeon,
Highland Hospital*



Molly Ranney
*Bariatric Dietitian,
Highland Hospital*



Conner Lorenzo
*Athletic Trainer,
Fitness Science*

Agenda:

5:30 – 6:00: Check-in, information tables

6:00 – 7:00: Presentations

7:00 – 7:30: Q&A



Register today!
Space is limited.



**University
of Rochester
Medicine**