This course has sold out for the past 2 years. To be assured a spot in the 2016 program, early registration is strongly advised.

Blackburn Course in Obesity Medicine

TREATING OBESITY 2016

June 2-4, 2016  Boston, MA

Education, Tools, and Strategies to Optimize Your Patient Outcomes

June 1, 2016
Obesity Medicine
Board Review

Given in conjunction with Treating Obesity 2016, this one-day course provides comprehensive preparation for the 2016 American Board of Obesity Medicine (ABOM) subspecialty certification exam. Together, the two courses fully satisfy the 30-hour live CME requirement to qualify for ABOM certification.

Register at Obesity.HMSCME.com
In Treating Obesity 2016: The Blackburn Course in Obesity Medicine, attendees will hear authorities in medicine, surgery, pediatrics, nutrition, endocrinology, gastroenterology, and psychology from the country’s leading obesity treatment and research centers speak on critical topics in the prevention and treatment of obesity and related disorders. The program will include didactic lectures, panel discussions, case-based interactive workshops, interactive case review using an audience response system, and patient panel discussions. The course is designed to improve the participants’ ability to care for patients with obesity. In addition, we offer a subspecialty board review for participants preparing for the American Board of Obesity Medicine subspecialty board examination.

Course Objectives

Upon completion of this activity, participants will be able to:

• Improve clinical approaches to the patient with obesity
• Identify, evaluate, and manage high-risk patient populations
• Assess patients for their need and appropriateness for lifestyle-based therapies for obesity, including dietary manipulation, optimizing physical activity, stress reduction, improved sleep health, and circadian rhythm preservation
• Apply effective patient counseling and behavior modification techniques, and support for productive lifestyle change
• Determine the mechanism of action and most effective use of current and emerging pharmacological, endoscopic, and medical device-based treatments of obesity
• Assess patients for their need and appropriateness for bariatric surgery, help guide them to appropriate surgical options, and effectively manage their post-operative care
• Incorporate strategies for the prevention and treatment of obesity in pediatric populations
• Apply a greater understanding of the pathophysiology of obesity and its metabolic consequences to improve the care of patients with these disorders
• Address patients with obesity with a greater sensitivity and understanding of the causes, challenges, frustrations, and opportunities for their effective treatment.

Those participants enrolled in the board review portion of the course will be able to:

• Consolidate their understanding of the specialized body of knowledge within Obesity Medicine
• Optimize their opportunity to pass the Obesity Medicine Board Exam
WHO ATTENDS

Healthcare professionals with an interest in the latest approaches to the prevention and treatment of obesity and its complications, including:

- Physicians
- Nurse Practitioners
- Physician Assistants
- Nurses
- Pharmacists
- Dietitians
- Physical Therapists
- Mental Health Professionals

VENUE

Boston Marriott Long Wharf
296 State Street  •  Boston, MA 02109-2607
+1 617-227-0800

Accommodations
The Marriott Long Wharf has reserved a limited number of rooms for the course. Please reserve your room by May 10, 2016 in order to take advantage of a discounted rate. When calling the hotel, be sure to specify that you are enrolled in THE BLACKBURN COURSE IN OBESITY MEDICINE to receive the reduced room rate. Any rooms not specifically reserved by this date will be handled on a space and rate availability basis.

Please do not make non-refundable travel arrangements until you have received an email from the HMS DCE office confirming your paid registration.

ACCREDITATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 34.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- Obesity Medicine Board Review: 8.25 AMA PRA Category 1 Credits™
- Treating Obesity 2016: 26.25 AMA PRA Category 1 Credits™

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 9.50 credits of Risk Management Study. Please check with your individual state licensing board requirements before claiming these credits.

The American Academy of Nurse Practitioners Certification Program (AANPCP) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCP for further guidelines.

AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 34.50 hours of Category 1 credit for completing this program.

ACGME Competencies
This course is designed to meet the following Accreditation Council of Graduate Medical Education competencies: patient care and procedural skills; medical knowledge; and interpersonal and communications skills.
6:30–7:30  Registration and Breakfast

Introduction to Obesity Care
Moderator: Sriram Machineni, MD

7:30–7:45  Welcome and Introduction  Course Directors
7:45–8:45  Treating Obesity: A 2016 Overview  Lee M. Kaplan, MD, PhD
8:45–9:15  Clinical Approach to the Patient with Obesity  Nadia N. Ahmad, MD, MPH
9:15–9:45  Nutritional Evaluation of the Patient with Obesity  Sue Cummings, MS, RD
9:45–10:00  Panel Discussion/Q & A
10:00–10:30  Coffee break

Assessment of the Patient with Obesity
Moderator: Caroline M. Apovian, MD

10:30–11:00  Medication-induced Weight Gain  Caroline M. Apovian, MD
11:00–11:30  Lifestyle-based Treatment of Obesity  Sriram Machineni, MD
11:30–12:00  Pharmacotherapy of Obesity  Louis J. Aronne, MD
12:00–12:30  Panel Discussion/Q & A
12:30–2:00  Lunch (on your own)

2:00–3:45  WORKSHOPS 1A – 1E

1A: Causes of Obesity and Its Complications
Moderator: Ida J. Hatoum, ScD, ScM, MMSc
Genetic Contributions to Obesity  Ida J. Hatoum, ScD, ScM, MMSc
Environmental Causes of Obesity  Nicolas M. Oreskovic, MD, MPH
Behavioral Causes of Obesity  David B. Sarwer, PhD
Panel Discussion/Q & A

1B: Medical Consequences of Obesity 1
Moderator: James E. Mojica, MD
Sleep Health and Sleep Apnea  James E. Mojica, MD
Diabetes/Diabesity  Deborah J. Wexler, MD
Osteoarthritis  Jeffrey N. Katz, MD
Panel Discussion/Q & A

1C: Recent Developments in the Biology of Obesity
Circadian Rhythms and Obesity  Frank A.J.L. Scheer, PhD
Hormones and Energy Homeostasis  Christos S. Mantzoros, MD, DSc, PhD
Microbiota, Probiotics, and Metabolic Function  Gary D. Wu, MD
Panel Discussion/Q & A

1D: Dietary Therapies for the Management of Obesity (Case Based)
Moderator: Caroline M. Apovian, MD
Specialized Dietary Management for Specific Diseases  Jamy D. Ard, MD
VLCD for Preprocedure Weight Loss  Caroline M. Apovian, MD
Variability in Dietary Response
Panel Discussion/Q & A

1E: Practical Use of Anti-Obesity Medications: The Essentials (Case Based)
Moderator: Sriram Machineni, MD
Introduction to Anti-Obesity Medications  Sriram Machineni, MD
Clinical Case Presentations  Nasreen Altarbi, MD, MPH; Ania M. Jastreboff, MD, PhD; and Fatima Cody Stanford, MD, MPH, MPA
Panel Discussion/Q & A

3:45–4:00  Coffee break

4:00–5:45  WORKSHOPS 2A – 2E

2A: Causes of Obesity and Its Complications
Moderator: Ida J. Hatoum, ScD, ScM, MMSc
Genetic Contributions to Obesity  Ida J. Hatoum, ScD, ScM, MMSc
Environmental Causes of Obesity  Nicolas M. Oreskovic, MD, MPH
Behavioral Causes of Obesity  David B. Sarwer, PhD
Panel Discussion/Q & A

2B: Medical Consequences of Obesity 2
Moderator: Philip J. Saylor, MD
Metabolic Syndrome  James B. Meigs, MD, MPH
Dyslipidemia and Cardiovascular Risk  Marc S. Sabatine, MD, MPH
Cancer  Philip J. Saylor, MD
Panel Discussion/Q & A

2C: Recent Developments in the Biology of Obesity
Circadian Rhythms and Obesity  Frank A.J.L Scheer, PhD
Hormones and Energy Homeostasis  Christos S. Mantzoros, MD, DSc, PhD
Microbiota, Probiotics, and Metabolic Function  Gary D. Wu, MD
Panel Discussion/Q & A

2D: Dietary Therapies for the Management of Obesity (Case Based)
Moderator: Caroline M. Apovian, MD
Specialized Dietary Management for Specific Diseases  Jamy D. Ard, MD
VLCD for Preprocedure Weight Loss  Caroline M. Apovian, MD
Variability in Dietary Response
Panel Discussion/Q & A

2E: Practical Use of Anti-Obesity Medications: The Essentials (Case Based)
Moderator: Sriram Machineni, MD
Introduction to Anti-Obesity Medications  Sriram Machineni, MD
Clinical Case Presentations  Nasreen Altarbi, MD, MPH; Ania M. Jastreboff, MD, PhD; and Fatima Cody Stanford, MD, MPH, MPA
Panel Discussion/Q & A

Thursday, June 2, 2016 • 6:00 pm – 8:00 pm
NETWORKING RECEPTION
Join course faculty and colleagues for refreshments and networking

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please see obesity.hmscme.com.
### TREATING OBESITY 2016
**Friday, June 3**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30–7:30</td>
<td>Breakfast</td>
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<tr>
<td>7:30–8:40</td>
<td>New Perspectives in Obesity</td>
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<tr>
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<td>Moderator: Lee M. Kaplan, MD, PhD</td>
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<tr>
<td>8:40–9:40</td>
<td>2016 Blackburn Lecture</td>
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<td><strong>Point-Counterpoint:</strong> Calorie Balance Is an Issue of Biology</td>
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<tr>
<td></td>
<td>David S. Ludwig, MD, PhD</td>
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<td>Calorie Balance Is an Issue of Physics</td>
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<td>Samuel Klein, MD</td>
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<td>9:40–10:10</td>
<td>Coffee break</td>
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<tr>
<td>10:10–10:50</td>
<td><strong>Non-alcoholic Fatty Liver Disease</strong></td>
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<td>Sanjiv Chopra, MBBS</td>
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<td>10:50–11:20</td>
<td>Principles of Surgical Therapy</td>
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<td>Lee M. Kaplan, MD, PhD</td>
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<tr>
<td>11:20–11:45</td>
<td>Surgical Treatment of Obesity: Clinical Outcomes</td>
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<td>Ali Tavakkoli, MBBS</td>
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<td>11:45–12:10</td>
<td>Weight Bias and Communication around Obesity</td>
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<td>Scott Kahan, MD, MPH</td>
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<td>12:10–12:30</td>
<td>Lunch (on your own)</td>
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<td>12:30–2:00</td>
<td><strong>WORKSHOPS 3A – 3E</strong></td>
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<tr>
<td>2:00–3:45</td>
<td>3A: Practical Use of Anti-Obesity Medications: The Essentials (Case Based) Mod...</td>
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<td>Moderator: Sriram Machineni, MD</td>
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<td>Introduction to Anti-Obesity Medications</td>
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<td>Sriram Machineni, MD</td>
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<td>Clinical Case Presentations</td>
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<td>Nasreen Alfarsis, MD, MPH</td>
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<td>Ania M. Jastreboff, MD, PhD</td>
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<td>Fatima Cody Stanford, MD, MPH</td>
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<td>Panel Discussion/Q &amp; A</td>
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<td>3:45–4:00</td>
<td>Coffee break</td>
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<tr>
<td>4:00–5:45</td>
<td>4A: Anti-Obesity Medications and Endoscopic Therapy: Advanced Strategies (Case Based) Mod...</td>
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<td>Moderator: Sriram Machineni, MD</td>
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<td>Louis J. Aronne, MD, MD</td>
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<td>Gitanjali Srivastava, MD</td>
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<td>Panel Discussion/Q &amp; A</td>
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<td>6:30–7:30</td>
<td><strong>WORKSHOPS 4A – 4F</strong></td>
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<tr>
<td>7:30–8:40</td>
<td>4B: Practice Management in Obesity Medicine (Case Based)</td>
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<td>Models of Obesity Care</td>
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<td>Obesity Medicine Practice Organization</td>
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<td>Panel Discussion/Q &amp; A</td>
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<td>9:40–10:10</td>
<td>Coffee break</td>
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<tr>
<td>10:10–10:50</td>
<td>4C: Special Issues in Obesity</td>
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<td>Moderator: Matthew W. Gillman, MD, SM</td>
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<td>Radiological Considerations</td>
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<td>Raul N. Uppot, MD</td>
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<td>Supports for a Healthy Lifestyle</td>
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<td>Matthew W. Gillman, MD, SM</td>
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<td>10:50–11:20</td>
<td>Early Life Programming</td>
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<td>Matthew W. Gillman, MD, SM</td>
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<td>11:20–11:45</td>
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<td>11:45–12:10</td>
<td>Lunch (on your own)</td>
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<tr>
<td>12:10–12:30</td>
<td><strong>Evening Program: Obesity Medicine Interhospital Rounds</strong></td>
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<td>6:15–7:00</td>
<td>Case Presentations</td>
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<td>7:00–7:30</td>
<td>Panel Discussion / Q&amp;A</td>
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### The Spectrum of Medical Therapies
**Moderator: Caroline M. Apovian, MD**

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<td>Lunch (on your own)</td>
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### WORKSHOPS 3A – 3E

#### 3A: Practical Use of Anti-Obesity Medications: The Essentials (Case Based)
**Moderator:** Sriram Machineni, MD
- **Introduction to Anti-Obesity Medications**
  - Sriram Machineni, MD
- **Clinical Case Presentations**
  - Nasreen Alfarsis, MD, MPH
  - Ania M. Jastreboff, MD, PhD
  - Fatima Cody Stanford, MD, MPH, MPA
- **Panel Discussion/Q & A**

#### 3B: Practice Management in Obesity Medicine (Case Based)
**Models of Obesity Care**
- Obesity Medicine Practice Organization
- Shared Medical Visits
- **Panel Discussion/Q & A**

#### 3C: Medical Management of the Bariatric Surgical Patient (Case Based)
**Moderator:** W. Scott Butsch, MD, MS
- **Preoperative Patient Evaluation and Preparation**
  - W. Scott Butsch, MD, MS
- **Postoperative Nutritional Management**
  - W. Scott Butsch, MD, MS
- **Postoperative Endocrine Management**
  - Mary-Elizabeth Patti, MD
- **Postoperative GI Management**
  - Shelby A. Sullivan, MD
- **Management of Suboptimal Response to Surgery**
  - Nadia N. Ahmad, MD, MPH
- **Panel Discussion/Q & A**

#### 3D: Caring for Children and Adolescents with Obesity
**Moderator:** Alison G. Hoppin, MD
- **Approach to the Pediatric Patient with Obesity**
  - Alison G. Hoppin, MD
- **Obesity Management in Children and Adolescents**
  - Sonia Caprio, MD
- **Bariatric Surgery in Adolescents**
  - Stavra A. Xanthakos, MD
- **Panel Discussion/Q & A**

#### 3E: Motivational Interviewing Workshop – Part 1
**Moderator:** Kenneth Resnicow, PhD
- **Motivational Interviewing Workshop**
  - Kenneth Resnicow, PhD
- **3:45–4:00 Coffee break**

### WORKSHOPS 4A – 4F

#### 4A: Anti-Obesity Medications and Endoscopic Therapy: Advanced Strategies (Case Based)
**Moderator:** Sriram Machineni, MD
- **Introduction to Anti-Obesity Medications**
  - Sriram Machineni, MD
- **Clinical Case Presentations**
  - Louis J. Aronne, MD
  - Sriram Machineni, MD
  - Gitanjali Srivastava, MD
- **Panel Discussion/Q & A**

#### 4B: Practice Management in Obesity Medicine (Case Based)
**Models of Obesity Care**
- Obesity Medicine Practice Organization
- Shared Medical Visits
- **Panel Discussion/Q & A**

#### 4C: Special Issues in Obesity
**Moderator:** Matthew W. Gillman, MD, SM
- **Radiological Considerations**
  - Raul N. Uppot, MD
- **Supports for a Healthy Lifestyle**
  - Matthew W. Gillman, MD, SM
- **Panel Discussion/Q & A**

#### 4D: Exercise Counseling Workshop (Case Based)
**Moderator:** Edward M. Phillips, MD
- **Clinical Case Presentations**
  - Edward M. Phillips, MD
  - Thomas W. Storer, PhD
  - Wayne L. Westcott, PhD
- **Panel Discussion/Q & A**

#### 4E: Motivational Interviewing Workshop – Part 2
**Moderator:** Kenneth Resnicow, PhD
- **Motivational Interviewing Workshop**
  - Kenneth Resnicow, PhD
- **4F: Introduction to Talking about Obesity (Skills Based)**
  - **Communicating with Patients, Colleagues, Policymakers, and the Public**
    - Scott Kahan, MD, MPH and Lee M. Kaplan, MD, PhD
    - **Panel Discussion/Q & A**
TREATING OBESITY 2016
Saturday, June 4

6:30–7:30 Breakfast

Lifestyle Approaches to the Management of the Patient with Obesity
Moderator: Caroline M. Aposhian, MD
7:30–7:55 The Digital Revolution and Obesity John Nosta
7:55–8:20 Exercise Counseling Edward M. Phillips, MD
8:20–8:45 Behavior-based Therapies for Obesity Treatment Thomas A. Wadden, PhD
8:45–9:00 Introduction to the ABOM Certification and Examination Scott Kahan, MD, MPH
9:00–9:15 Panel Discussion/Q & A
9:15–9:45 Coffee break

Novel Therapeutic Approaches — A Peek Over the Horizon
Moderator: Lee M. Kaplan, MD, PhD
9:45–10:15 Dietary Supplements and Weight Loss Pieter A. Cohen, MD
10:15–10:45 Models of Obesity Care Donna H. Ryan, MD
10:45–11:15 Medical Devices for the Treatment of Obesity Richard I. Rothstein, MD
11:15–11:30 Panel Discussion/Q & A

Patient Panel Moderator: Suzanne J. Koven, MD
11:30–12:00 Case Presentations Patient Panelists
12:00–12:30 Panel Discussion/Q & A

Key Take-Aways: Bringing the Message Back Home
12:30–12:45 Closing Remarks Lee M. Kaplan, MD, PhD
12:45–2:15 Lunch (on your own)
2:15–4:00 Workshops 5A – 5E

5A: Anti-Obesity Medications and Endoscopic Therapy: Advanced Strategies (Case Based)
Moderator: Sriram Machineni, MD
Introduction to Anti-Obesity Medications Sriram Machineni, MD
Clinical Case Presentations Louis J. Aronne, MD; Sriram Machineni, MD; and Gitanjali Srivastava, MD
Panel Discussion/Q & A

5B: Caring for Children and Adolescents with Obesity
Moderator: Alison G. Hoppin, MD
Approach to the Pediatric Patient with Obesity Alison G. Hoppin, MD
Obesity Management in Children and Adolescents Sonia Caprio, MD
Bariatric Surgery in Adolescents Stavra A. Xanthakos, MD
Panel Discussion/Q & A

5C: Medical Management of the Bariatric Surgical Patient (Case Based)
Moderator: W. Scott Butsch, MD, MS
Preoperative Patient Evaluation and Preparation W. Scott Butsch, MD, MS
Postoperative Nutritional Management W. Scott Butsch, MD, MS
Postoperative Endocrine Management Mary-Elizabeth Patti, MD
Postoperative GI Management Shelby A. Sullivan, MD
Management of Suboptimal Response to Surgery Nadia N. Ahmad, MD, MPH
Panel Discussion/Q & A

5D: Exercise Counseling Workshop (Case Based)
Moderator: Edward M. Phillips, MD
Clinical Case Presentations Edward M. Phillips, MD; Thomas W. Storer, PhD; and Wayne L. Westcott, PhD
Panel Discussion/Q & A

5E: Introduction to Talking about Obesity (Skills Based)
Communicating with Patients, Colleagues, Policymakers, and the Public Scott Kahan, MD, MPH and Lee M. Kaplan, MD, PhD

Register online at Obesity.HMSCME.com

Course #732072-1602
Tuition Register on or before April 10, 2016

Treating Obesity 2016 (June 2-4) $945 $845 (Save $100)
Obesity Subspecialty Board Review (June 1) $495 $445 (Save $50)
Treasuring Obesity 2016 and Medicine Subspecialty Board Review (June 1-4) $1,245 $1,095 (Save $150)

Fees shown in USD. Tuition includes your choice of 26 workshops, breakfasts, coffee breaks, a course reception on the evening of Thursday, June 2, and evening programming on Friday, June 3. All attendees will receive a flash drive that includes all of the course materials for their chosen programs.

Registration for the Subspecialty Board Review includes printed materials of the day-long course. Attendees of Treating Obesity 2016 can purchase a printed copy of the course syllabus at the time of online registration for $60, or on site at the course for $100.

REGISTRATION, PAYMENT, CONFIRMATION, and REFUND POLICY
Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website.

At the end of the registration process, a $5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check, the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted.

Upon receipt of your paid registration, an email confirmation from the HMS DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of $75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. “No shows” are subject to the full course fee and no refunds will be issued once the conference has started.

INQUIRIES
Call 617-384-8600, Monday – Friday, 9am – 5pm EST.
Send email to CEPrograms@hms.harvard.edu

All fees shown in USD.
Prior to the start of Treating Obesity 2016, we host a one-day review for the American Board of Obesity Medicine (ABOM) subspecialty certification examination. This course is taught by recent diplomates of the ABOM.*

*Discounted pricing is available when registering for both Treating Obesity 2016 and the Obesity Medicine Board Review.

**DISCLOSURE POLICY**

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS’s policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

**Wednesday, June 1**

**Obesity Medicine Board Review**

Prior to the start of Treating Obesity 2016, we host a one-day review for the American Board of Obesity Medicine (ABOM) subspecialty certification examination. This course is taught by recent diplomates of the ABOM.*

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