



**Education for Medical Professionals
to Optimize Weight Management
Expertise and Resources**

SATURDAY, NOVEMBER 1, 2025

THE KIMPTON FORUM HOTEL, CHARLOTTESVILLE, VA

Join us for EMPOWER, a comprehensive one-day conference designed specifically for primary care providers seeking foundational, evidence-based training in obesity medicine. Gain the critical tools and strategies needed to confidently diagnose, manage, and treat obesity in your clinical practice. Spaces are limited to foster meaningful dialogue and ensure every attendee has ample opportunity to engage with our expert speakers.

Why Attend EMPOWER?

- Core Knowledge & Real-World Skills – Learn the fundamentals of obesity as a chronic disease: pathophysiology, assessment, treatment modalities (nutritional, behavioral, pharmacologic, and surgical options)
- Multidisciplinary Insights – Understand obesity's intersections with comorbidities such as diabetes, cardiovascular conditions, PCOS, and NAFLD
- Practical Applications – Engage in case-based scenarios with expert speakers that translate current clinical guidelines into everyday patient scenarios

Who Should Attend?

- Family and Internal Medicine Physicians, nurse practitioners, physician associates, and trainees in primary care
- Providers looking to build or solidify foundational competencies in obesity treatment

At the conclusion of this program, participants will be able to:

- Use a structured framework for evaluating and diagnosing obesity
- Write actionable treatment plans tailored to individual patient needs
- Apply pharmacotherapy, lifestyle interventions, and when to refer for bariatric surgery
- Address provider weight bias and engage in shared decision-making with patients



UVAHealth

Provided by the University of Virginia School
of Medicine and School of Nursing

AGENDA

7:30	Registration check-in and coffee
8:00-8:10	Welcome and introductions (breakfast not provided)
8:10-9:00	Understanding obesity pathophysiology The multifactorial pathophysiology of obesity will be discussed, including the genetic link, environmental link, behavioral factors, and role of adipose tissue in metabolism.
9:00-10:00	Diagnosing obesity Participants will have a chance to learn about variety of measures of obesity as well charting and coding for obesity.
10:00-10:45	Assessing co-morbidities Common obesity-related co-morbidities will be addressed.
10:45-10:55	Break
10:55-11:40	Behavioral interventions A series of behavioral interventions will be discussed, including: cognitive-behavioral therapy (CBT), motivational interviewing, and lifestyle modification techniques.
11:40-12:30	Pharmacotherapy for obesity Indications, mechanisms of action, efficacy and safety profiles of current pharmacotherapeutic agents approved for obesity treatment will be addressed, as well as brief introduction to emerging pharmacotherapies.
12:30-1:00	Lunch (provided)
1:00-1:45	Psychological aspects of obesity We will discuss stigma, mental health issues, impact on quality of life.
1:45-2:30	Nutritional management A nutritional specialist will present evidence based dietary recommendations to address obesity, including sample meal plans.
2:30-3:15	Physical activity prescription Evidence based guidelines regarding exercise prescription for patients with obesity will be discussed.
3:15-3:25	Break
3:25-4:15	Bariatric surgery We will compare and contrast the different types of bariatric surgery (e.g. gastric bypass, sleeve gastrectomy, adjustable gastric banding) and their outcomes, risks and long-term effects.
4:15-4:45	Patient panel Facilitated discussion with a panel of patients who have experienced obesity and various interventions, Panelists will discuss their perceptions regarding the aforementioned approaches, challenges they experienced, etc.
4:45-5:00	Emerging therapies and research
5:00-5:30	Faculty panel Q and A, post conference instructions and closing remarks

REGISTRATION

Early Bird Rates until 9/30/25

Physician: \$100
Nurse Practitioners, Physician
Associates, and Residents: \$50

Rates Increase 10/1/25

Physician: \$125
Nurse Practitioners, Physician
Associates, and Residents: \$75

Registration and payment are available at www.cmevillage.com, (visit our Learning Portal or Upcoming Events). Registration will close midnight on October 15, 2025. The course syllabus will be available online only the week of the conference until 30 days after the conference. *No print syllabus will be available. No walk-in registration.*

Policies on cancellation, payment methods and accommodation requests can be found on our website under FAQs. Additional questions, please contact uvacme@virginia.edu or 434-924-5310.

[CLICK HERE TO REGISTER](#)

PLANNING COMMITTEE

Catherine Varney, DO, Course Director
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Lisa Rollins, PhD

ACCREDITATION & DESIGNATION STATEMENT



JOINTLY ACCREDITED PROVIDER
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, UVA Health Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians

UVA Health Continuing Education designates this live activity for a maximum of 8 **AMA PRA Category 1 Credits**.™ Physicians should claim only

the credit commensurate with the extent of their participation in the activity.

Nurses

UVA Health Continuing Education awards up to 8 **contact hour(s)** for nurses who participate in this educational activity and complete the post activity evaluation.

Hours of Participation

UVA Health Continuing Education awards 8 **hours of participation** (consistent with the designated number of **AMA PRA Category 1 Credit(s)**™ or ANCC contact hours) to a participant who successfully completes this educational activity. UVA Health Continuing Education maintains

a record of participation for six (6) years.

Maintenance of Certification (MOC)

Successful completion of this activity, planned in accordance with the needed MOC requirements, enables the participant to earn **MOC Part II Self-assessment** points equivalent to the amount of **AMA PRA Category 1**™ claimed for the activity, through the American Board of Medical Specialties (ABMS) and Accreditation Council for Continuing Medical Education (ACCME®) joint initiative to create a wide array of Maintenance of Certification (MOC) Activities. The awarded transcript provides for both **AMA PRA Category 1**™

and MOC II Self-assessment credit for the following participating boards: American Board of Internal Medicine (ABIM).

NOTE: It is the accredited provider's responsibility to submit learner completion information to the ACCME for the purpose of granting MOC II Self-assessment credit for the above boards. For learners wishing to receive credit through a Member Board not included above, please refer directly to your Member Board's MOC Part II Lifelong Learning and Self-Assessment Program Requirements.