



PRINCETON HEALTH

# From Struggle to Solution: A New Take on Weight & Health

Empower your journey to maintaining a healthy weight and improve overall health with expert insights, medically backed strategies, and supportive resources — including lifestyle, medication, and endoscopic/surgical options.

## Event Agenda

- 8:30 am – 9:00 am Check-in (*incl. light, healthy breakfast*)
- 9:00 am – 9:30 am Introduction
- 9:40 am – 12:30 pm Interactive Breakout Sessions
- 12:40 pm – 1:00 pm Wrap-Up

## Breakout Sessions

### Practical Nutrition

- Smart Shopping – Veronica Bersani, Dietitian

Learn to navigate food labels, ingredients, nutrition claims, and better snack options.

### Mind & Body Wellness

- Mindset Reset – Rebecca Daneshpour, Behavioral Health Specialist
- Stretching & Exercises – Dusan Rakonjac, Mike Faican-Juca, Trainers

### Clinical Treatment Options & Demos

- Medical Weight Loss – Dr. Anshu Bhalla
- Endoscopic Weight Loss – Dr. Monica Saumoy
- Surgical Weight Loss – Dr. Lisa Dobruskin

**Saturday, Sept 27**  
**8:30 am – 1 pm**

## LOCATION

**Princeton Medical Center**  
1 Plainsboro Road, Plainsboro  
Education Center

## REGISTRATION REQUIRED

[www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar)  
1.888.897.8979



**Penn Medicine**