

## Free Seminar to Help Public Fight Obesity

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MARCH 26, 2009

DENVER — For those who struggle with their weight, or who are advocates for overweight family members, National Jewish Health® offers a free seminar on Saturday, April 4, hosted by medical professionals to help people lose weight. This seminar features healthcare professionals from National Jewish Health and Denver Health who help overweight patients improve their health. Lacy Smith, RD, offers expert tips on nutrition and weight loss; Natalie Walders Abramson, PhD, discusses the psychological aspects of obesity in young people; and Daniel Bessesen, MD, provides information to manage diabetes and metabolic syndrome. The afternoon seminar at the Molly Blank Conference Center on the campus of National Jewish Health follows a morning seminar on similar topics for physicians, nurses and other healthcare professionals.

**WHAT:** Weight Management Strategies for the Whole Family

**WHO:** Daniel Bessesen, MD; Lacy Smith, RD; Natalie Walders Abramson, PhD

**WHEN:** Saturday, April 4, 2009  
1:30 to 4:00 p.m.

**WHERE:** Molly Blank Conference Center at National Jewish Health  
1400 Jackson Street (parking available in the patient lot adjacent)

**HOW:** FREE - register online at [njhealth.org/proed](http://njhealth.org/proed) and click on the seminar title

**WHY:** To provide a healthier lifestyle to your entire family, and to control diseases such as diabetes.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 125 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of children and adults with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the [media resources](#) page.

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### Media Resources

We have many faculty members, from bench scientists to clinicians, who can speak on almost any aspect of respiratory, immune, cardiac and gastrointestinal disease as well as lung cancer and basic immunology.

- [Accomplishments & Awards](#)
- [Annual Report](#)
- [Financials](#)

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### Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

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