

(FS)² Group Workshop Schedule

Month	Presenter	Topic
August	Boston Children's Hospital Staff	(FS) ² Orientation
September	(FS) ² Dietitian	Building Community and About the Weight Loss Diet
October	(FS) ² Dietitian	Surviving the Holidays and Social Events
November	Boston Children's Hospital Staff	Test Diet Orientation
December	Past Participants (Facilitated by (FS) ² Dietitian)	Panel of Past Participants: Discussions about their experience transitioning from weight loss diets to test diets
January (Winter Break)	FSU Professor Andrea Gorman	Recorded Workshop: Weight Maintenance Treatment and Challenges
January	(FS) ² Dietitian	Problem Solving
February	(FS) ² Dietitian	Key Concepts to Weight Management: Behaviors and Self Care
March	(FS) ² Dietitian	Key Concepts to Weight Management: Nutrition
April	(FS) ² Dietitian	Building a Balanced Plate and Paired Snacks