

# YOURWEIGHTMATTERS

## PORTLAND

# FREE SUPPORT FOR YOUR WEIGHT AND HEALTH JOURNEY

### HERE'S WHAT YOU CAN EXPECT:

- Expert-led education on weight management
- Practical tips for nutrition and mental health
- Insights into the latest treatment options
- A supportive space to learn and connect



**Saturday, April 18, 2026**

9:00 am to 1:00 pm  
Free Breakfast | Free  
Parking | Free Giveaways



**Embassy Suites Portland Downtown**

319 SW Pine St,  
Portland, OR 97204

This is a free event, but space is limited.

**Register now to save your spot!**



Presented by **OAC**  
Obesity Action Coalition

SCAN HERE  
TO LEARN MORE  
& REGISTER →



[yourweightmatters.com/portland](https://yourweightmatters.com/portland)

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