

YOURWEIGHTMATTERS

BIRMINGHAM

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, November 7, 2026

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



Embassy Suites Birmingham Hoover

2960 John Hawkins Parkway,
Birmingham, AL 35244

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/birmingham

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