

# WEBINAR SERIES CABPS MEDICAL NUTRITION THERAPY

## Intensive Lifestyle Intervention (ILI) Programs - What Defines an ILI and What are Components That We Can Introduce into our Practice?

Tuesday, February 21, 2023 | 7:00 p.m. - 8:15 p.m. ET

### OBJECTIVES

- ▶ Examine the literature and evidence on key components of an ILI program
- ▶ Understand the role of meal replacements in ILI programs
- ▶ Discuss real-world practice of ILI Programs and strategies in today's health care system

### AGENDA

- 7:00 pm - 7:05 pm **Welcome and Opening Remarks**  
Speaker: Stephen Glazer, MD, FRCP(C), FCCP, FAASM
- 7:05 pm - 7:45 pm **Intensive Lifestyle Intervention (ILI) Programs -  
What Defines an ILI and What are Components  
That We Can Introduce into our Practice?**  
Speaker: Judy Shiau, MD, FRCP(C), Dipl. of ABOM
- 7:45 pm - 8:05 pm **Question and Answer Period**  
Moderator: Stephen Glazer, MD, FRCP(C), FCCP, FAASM
- 8:05 pm - 8:15 pm **Closing Remarks**  
Speaker: Stephen Glazer, MD, FRCP(C), FCCP, FAASM

SECTION 2  
CREDITS APPLY

### Continuing Medical Education

This event is a Section 2 Self-Learning activity as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

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Canadian Association of Bariatric Physicians and Surgeons

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### FACULTY



#### MODERATOR:

**Stephen A. Glazer**  
MD, FRCP(C), FCCP, FAASM

Diplomate of the American Board of Obesity Medicine  
President of the Canadian Association of Bariatric Physicians and Surgeons  
Medical Director Bariatric Surgical Program, Humber River Regional Hospital  
Assistant Professor-Department of Medicine, Queen's University



#### SPEAKER:

**Judy Shiau**  
MD, FRCP(C), Dipl. of ABOM

Medical Director and Lead Physician  
LEAF Weight Management Clinic  
Associate Professor University of Ottawa  
Bariatric Medicine Fellowship Program Director  
Division of Endocrinology and Metabolism  
Treasurer, Canadian Association of Bariatric Physicians and Surgeons