



Healthy You: Fueling Your Health Journey

Shared Medical Appointments

Introducing our Division of Clinical Nutrition’s Healthy Living Group Medical Visit Program! Join us every Tuesday from 6 - 7 PM as our physician specialists in Nutrition, East West and Preventive medicine and delve into essential topics on nutrition and healthy living. In today’s world filled with unhealthy food options, stress, and time constraints, discover practical strategies to prevent and manage chronic diseases through lifestyle changes. In each session, we will explore cutting edge science and evidence-based insights while offering practical recommendations to facilitate sustainable changes. We will also address any questions you may have along the way.

GROUP VISIT TOPIC

1/7/2025	Popular Weight Loss Diets: What Really Works	4/8/2025	Nutrition and Lifestyle for PCOS - Polycystic Ovary Syndrome
1/14/2025	Is Wegovy (not Ozempic) right for me	4/15/2025	Is Wegovy (not Ozempic) right for me
1/21/2025	Eating Out with Confidence (and Maintaining your Goals)	4/22/2025	Nutrition and Lifestyle for Fatty Liver
1/28/2025	How to be on a GLP1 safely	4/29/2025	How to be on a GLP1 safely
2/4/2025	Movement to Maximize your Metabolism	5/6/2025	Nutrition and Lifestyle to Manage Kidney Disease
2/11/2025	Nutrition in Menopause	5/13/2025	Nutrition in Menopause
2/18/2025	Spice up your Life (and Decrease Salt)	5/20/2025	Nutrition and Lifestyle to Reduce Inflammation
2/25/2025	Nutrition and Lifestyle for Prediabetes / Insulin Resistance	5/27/2025	Nutrition and Lifestyle for Healthy Bones
3/4/2025	Mind and Body: Practicing Mindful Eating	6/3/2025	Nutrition and Cancer Prevention & Treatment
3/11/2025	Nutrition and Lifestyle to Manage High Cholesterol	6/10/2025	Whats New with Processed Foods and Portion Sizes
3/18/2025	Nutrition and Lifestyle for Longevity	6/17/2025	Nutrition and Lifestyle to Reduce High Blood Pressure
3/25/2025	Nutrition and Lifestyle for a Healthy Microbiome	6/24/2025	Popular Weight Loss Diets: What Really Works
4/1/2025	Nutrition and Lifestyle to Obtain or Maintain a Healthy Weight		

Q: How will I access these visits?

A: You may access and join these visits via zoom. Once scheduled, our team will send you the link through the MyChart app. For more information on how to download MyChart onto your mobile device, please contact our **24/7 Patient Help Desk** at **855-364-7052** or email us at myUCLAhealth@mednet.ucla.edu.

Call **310-825-7921** or visit uclahealth.org/medical-services/clinical-nutrition to learn more or schedule into a session