



2026 Wellness Webinar Series

NOURISH TO FLOURISH

Hosted by Stanford Lifestyle & Weight Management Center

Held the third Wednesday of every month | 5-5:45 PM PST on Zoom

MAR 18

Eating with Awareness: Tools to Navigate Non-Hunger & Emotional Eating
Presenter: *Brittany Matheson, PhD*

APR 15

Power Snacking: Bites to Keep You Full & Focused
Presenter: *Gina Ringelstein, RD, CSOWM*

MAY 20

The GLP-1 Nutrition Toolkit: Protein, Fiber & Hydration
Presenter: *Kelsi Buckley, MS, RD, CSOWM*

JUN 17

Menopause & Metabolism: Understanding Changes & Taking Action
Presenter: *Lindsay Kennedy, PA-C*

JUL 15

Tracking Smarter, Not Harder (Part 1): Tracking for Success
Presenter: *Shirley Siu, RD, CSOWM*

AUG 19

Tracking Smarter, Not Harder (Part 2): Using AI to Support Your Nutrition
Presenter: *Marion Seabaugh, MPH, RD*

SEPT 16

Goals That Stick: Building Habits for Lasting Change
Presenter: *Emily Sylvester, MS, RD*

OCT 21

Weight Loss Medications Demystified: Options, Myths & More
Presenter: *Alaina Castro, RD, PA-C*

NOV 18

Rethinking Holiday Treats: Enjoyment Without the Guilt
Presenter: *Gina Ringelstein, RD, CSOWM*



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