

FemCare OB/GYN Announces Webinar on Sustainable Weight Loss and Health Improvement

MIAMI, FL, USA, August 29, 2024

[/EINPresswire.com/](#) -- [FemCare OB/GYN](#) announces a webinar designed to provide valuable insights and practical advice on achieving sustainable weight loss and overall health improvement. The webinar, titled "Unlock Your Weight Loss Potential: Expert Insights from [Dr. Karen Salazar Valdes](#) and [Kate Lyman](#)," is now available for access.

The webinar is led by Dr. Karen Salazar Valdes, an Obesity Board Certified specialist, and Kate Lyman, MPH, a recognized expert in nutrition and lifestyle coaching. Together, they share evidence-based strategies and actionable tips to help individuals achieve their weight loss goals through sustainable lifestyle changes.

Webinar Highlights:

- Achieving Weight Loss with Lifestyle Changes:

Dr. Salazar Valdes and Kate Lyman guide participants through breaking the cycle of weight gain and loss. They offer practical advice on healthier eating habits, stress management, and other lifestyle changes contributing to long-term success.

- Expert Answers to Common Questions: The webinar addresses common questions surrounding weight loss, including using semaglutide, which shows promise in supporting weight loss efforts. Participants receive clear, evidence-based answers and advice from the experts.

- The Role of Essential Lifestyle Factors: Participants learn about the critical role that factors such as sleep, water intake, stress reduction, movement, and diet play in weight management. The webinar provides actionable tips to help improve these areas for lasting health benefits.



Dr. Karen Salazar Valdes

- Medical Management and FDA-approved Treatments: Dr. Salazar Valdes discusses medical management options available for weight loss, including FDA-approved treatments. Participants gain an understanding of how these treatments can be effectively combined with lifestyle changes to achieve optimal results.

In addition to the information provided, those who watch the entire webinar are eligible for a 20% discount on their first month of nutrition coaching with Kate Lyman Nutrition. Qualifying for a special surprise offer is also possible, adding further incentive to participate.

FemCare OB/GYN invites everyone interested in taking control of their health and achieving sustainable weight loss to join this informative webinar. The session promises to be a valuable resource for anyone looking to make meaningful and lasting changes to their health.

One can access the webinar at this link:
<https://femcareobgynpatients.com/webinar>.

About FemCare OB/GYN: FemCare OB/GYN provides comprehensive care for women at every stage of life. With a focus on personalized care, the practice offers a range of services designed to support the health and well-being of their patients. FemCare OB/GYN empowers women to lead healthy, fulfilling lives, from routine gynecological care to specialized weight management programs.

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This press release can be viewed online at: <https://www.einpresswire.com/article/739316308>

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