



European Association for the Study of Obesity



Just add water!

An Introduction to Hydration for Healthcare Professionals

Details:

Practical learning and advice for Healthcare Professionals will be delivered in a simple interactive format and audience engagement is encouraged. The session will permit ample time for Q&A.

Target Audience:

Healthcare professionals, including general practice physicians, dietitians, physiotherapists, nurses, obesity medicine specialists, and students across health related professions

Delivery method:

Zoom

Date:

Wednesday 8th December 4.00–6.00 PM CET



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Webinar Overview

Welcome

Niamh Arthurs

Topic 1: Overview of Hydration and its Importance for Health

Giovanna Muscogiuri

Topic 2: Hydration Basics and the Clinical Approach

Roham Makkie and Erla Sveinsdóttir

Topic 3: Providing Personalised and Practically Useful Hydration Advice to Individuals

Sólveig Sigurdardottir and Katie Mitchell

Questions and Answers

Niamh Arthurs

Closing Remarks

Sólveig Sigurdardottir