

July 17, 2026  
8:00 a.m. – 3:30 p.m.



## Chicago Obesity Summit 2026

The Illinois Obesity Society is pleased to announce the 7th Annual Chicago Obesity Summit, offering a diverse range of presentations on the different aspects of obesity as a disease, its comorbidities and management. It is open to physicians, advanced practitioners, behavioral health specialists, dietitians and pharmacists.

### Summit Directors



**Silvana Pannain, MD**  
Associate Professor of Medicine,  
University of Chicago,  
President, IOS



**Zaid Jabbar, MD, MS**  
Chair, Weight Management Dept, Duly  
Health and Care  
Trustee, IOS



**Yazan Joudeh, MD**  
Medical Director,  
Center for Adult & Pediatric Wellness  
Treasurer & Secretary, IOS

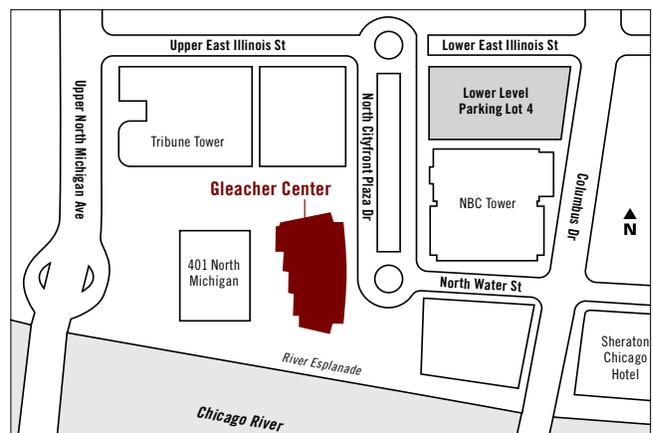
### CME Committee

Anthony Auriemma, MD, JD, FOMA  
Zaid Jabbar, MD, MS  
Yazan Joudeh, MD  
Silvana Pannain, MD  
Omar Shamsi, MD

Accreditation Statements  
Application is under review by AAFP for 6.5 CPEUs.



**The summit will be held in person at:  
The University of Chicago Gleacher Center,  
6th floor, Executive Dining Room 621,  
450 North Cityfront Plaza Drive, Chicago, IL 60611**



This live activity can be counted as 6.5 CPEUs hours of continuing professional education with the Commission of Dietetic Registration.

**AGENDA** Coffee, tea and refreshments will be served from 7:30 a.m.

8:00 – 8:10 a.m. **WELCOME AND INTRODUCTION** with Yazen Joudeh, MD, Vice-President, Illinois Obesity Society

8:10 – 8:50 a.m. **Results Driven Implementations of Intermittent Fasting** with Krista Varady, PhD, Professor of Nutrition at the University of Illinois; Published Author and Researcher, Chicago, IL

8:50 – 9:30 a.m. **The Psychology of Eating Disorders and Obesity** with Robyn Pashby, PhD, Founder & Director, Health Psychology Partners; Co-founder, The Modern Psychologists; Research Assist. Prof. of Psychology, USUHS F. Edward Herbert School of Medicine; Washington, DC

9:30 – 10:00 a.m. **COFFEE BREAK**

10:00 – 10:40 a.m. **Making AI Work for your Medical Practice** with Angela Fitch, MD, FACP, FOMA, Founder and Chief Medical Officer, knownwell; Assist. Professor of Medicine, Harvard University; Boston, MA

10:40 – 11:20 a.m. **Latest Developments in Plastic Surgery after Medical Weight Loss** with Courtney Cripps, MD, Assistant Professor of Surgery; Plastic and Reconstructive Surgeon, University of Chicago Medicine, IL

11:20 – 11:40 a.m. **Q & A** with Zaid Jabbar, MD, Trustee, Illinois Obesity Society

11:40 – 12:40 p.m. **LUNCH**

12:40 – 1:20 p.m. **Breaking New Ground in Obesity Treatment: Advances in Clinical Trials & Emerging Therapies** with Robert Kushner, MD, MS, DABOM, Director, Center for Lifestyle Medicine, Northwestern, Chicago, IL

1:20 – 2:00 p.m. **Updates on Sleep Disorders and Obesity Medicine** with Jeremy McConnell, MD, Founder, Florida Sleep Specialists and Discover Health Obesity Medicine; Bradenton and Sarasota, FL

2:00 – 2:20 p.m. **COFFEE BREAK**

2:20 – 3:00 p.m. **Teaming Up: Bariatric Surgery and GLP-1** with John Morton, MD, MPH, MHA, BS, FACS, FASMBS, System Lead, Surgical Quality & Bariatric Services, Yale New Haven Health; Prof. in Dept. of Surgery, Yale School of Medicine; New Haven, CT

3:00 – 3:20 p.m. **Q & A** with Yazen Joudeh, MD, Vice-President, Illinois Obesity Society

3:20 – 3:30 p.m. **CLOSING REMARKS** with Zaid Jabbar, MD, Trustee, Illinois Obesity Society



The Illinois Obesity Society reserves the right to cancel or postpone this conference due to unforeseen circumstances. In the unlikely event this activity must be canceled or postponed, the registration fees will be refunded. However, the Illinois Obesity Society is not responsible for any related costs, charges or expenses of participants, including fees assessed by airline/lodging activities.

**Questions?** Email [admin@illinoisobesitysociety.org](mailto:admin@illinoisobesitysociety.org)

[www.illinoisobesitysociety.org](http://www.illinoisobesitysociety.org)