

**Program: Seminar 1,
Treating Obesity - How to Do It?**

Day 1

08.30-09.00 Breakfast with coffee and tea.

09.00-09.15 Welcome, presentation of seminar leader, participants, and program.

09.15-10.40 Background; understand the patient living with obesity or overweight; definition, causes, incidence and obesity related complications.

10.40-11.00 Coffee and tea break.

11.00-12.00 Background; obesity as a disease, fat mass regulation and treatment responsibilities. Implication for communication and pedagogy.

12.00-13.00 Lunch.

13.00-14.00 Motivation? The first meeting with the patient / family.

14.00-14.15 Coffee and tea break.

14.15-15.00 Introduction to pedagogy and communication in the HOLBAEK model

15.00-15.30 The tailor-made treatment plan and medical treatment.

15.30 Thanks for today and see you tomorrow.

18.00- Dinner for participants in the hotel restaurant.

Day 2

08.30-09.00 *Coffee, tea, and breakfast.*

09.00-10.10 The tailor-made treatment plan and medical treatment, continued.

10.10-10.30 *Coffee and tea break.*

10.30-12.00 Introduction to the digital solution: Obesity Treatment Tool Pro; review of recommendations, forms, material in library, recipes, follow your development. How to start-up treatment in practice.

12.00-13.00 *Lunch.*

13.00-13.40 Introduction to the HOLBAEK model's digital treatment platform.

13.40-14.00 *Coffee and tea break.*

14.00-14.30 Triangulation of process development; Treatment plan, expectations, and challenges.

14.30-15.00 Discussion, evaluation, conclusion, and goodbye.