



Society of Rural Physicians of Canada
27TH ANNUAL RURAL AND REMOTE MEDICINE COURSE
Halifax Nova Scotia • Halifax Convention Centre
APRIL 4 - 6, 2019

Dr. Len Kelly Ms. Stephanie Welton

SESSION 246

Rural Obesity Care

1. Present the literature on intermittent fasting for weight loss.
2. Present the literature on low carb diets and weight loss.
3. Present interim results of a rural community's prospective weight loss study (NOT-FED study)