



XXIX IFSO World Congress
1-4 September 2026 | Toronto, Canada



TORONTO 2026
The Future of Obesity Management:
From Weight Loss to Health Gain
ifso2026.org

IFSO XXIX World Congress Scientific Program Timetable

Plenary Session	Parallel Session	Free Papers
Free Videos	Pre-Congress Workshop	Networking

Tuesday, 1 September 2026				
PRE-CONGRESS COURSES				
10:00 - 18:00	Pre-Congress Course (Registration required)	Pre-Congress Course (Registration required)	Pre-Congress Course (Registration required)	Pre-Congress Course (Registration required)
18:30 - 19:00	Congress Welcome & Opening Ceremony			
19:00 - 20:30	Welcome Reception in the Exhibition			

Wednesday, 2 September 2026

	Hall A	Hall B	Hall C	Hall D	Hall E	Hall F	Hall G	Hall H
07:00 - 08:00			Industry Session (not included in the main event in the main event CME / CPD credit) 1 hour					
08:15 - 09:45	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Free Papers	Free Papers	Free Papers
09:45 - 10:30	Coffee Break + ePoster Discussions							
10:30 - 12:30	Plenary 1							
12:30 - 14:00	Lunch Break		Industry Session (not included in the main event in the main event CME / CPD credit) 1 hour	Women for IFSO Networking Lunch	Industry Session (not included in the main event in the main event CME / CPD credit) 1 hour	Lunch Break		
14:00 - 15:30	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Free Papers	Free Papers	Free Videos
15:30 - 16:00	Coffee Break							
16:00 - 17:30	Top Videos	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Free Papers	Free Papers

Thursday, 3 September 2026

	Hall A	Hall B	Hall C	Hall D	Hall E	Hall F	Hall G	Hall H
07:00 - 08:00			Industry Session (not included in the main event in the main event CME / CPD credit) 1 hour					
08:00 - 08:15	Break to change halls							
08:15 - 09:45	Top Papers	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Free Videos
09:45 - 10:30	Coffee Break + ePoster Discussions							
10:30 - 12:30	Plenary 2							
12:30 - 14:00	Lunch Break		Industry Session (not included in the main event in the main event CME / CPD credit) 1 hour	Lunch Break	Industry Session (not included in the main event in the main event CME / CPD credit) 1 hour		Lunch Break	
14:00 - 15:30	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Free Papers	Free Papers	Free Videos
15:30 - 16:00	Coffee Break							
16:00 - 17:30	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Free Papers	Free Papers	Free Papers

Friday, 4 September 2026

	Hall A	Hall B	Hall C	Hall D	Hall E	Hall F	Hall G	Hall H
07:00 - 08:00								Industry Session (not included in the main event in the main event CME / CPD credit) 1 hour
08:00 - 09:30	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Free Papers	Free Papers	Free Videos
09:30 - 10:15	Coffee Break + ePoster Discussions							
10:15 - 12:45	Presidential Session							
12:45 - 14:15	Lunch Break		Industry Session (not included in the main event in the main event CME / CPD credit) 1 hour	Lunch Break		Industry Session (not included in the main event in the main event CME / CPD credit) 1 hour	Lunch Break	
14:15 - 16:00	Plenary 3							
16:00 - 16:30	Coffee Break							
16:30 - 18:00	Parallel Session	Parallel Session	Parallel Session	Parallel Session	Free Papers	Free Papers	Free Papers	
20:00 - 24:00	Networking Event (Ticket Required)							