

# THE PROGRAMME

## DAY 1 9TH MAY

SPECIFIC  
TIME

08.45

### WELCOME AND OPENING SESSION

Dr Ivana Kolcic, Dr Rob Lawson, Dr Fraser Quin

09.00

### ARE NCDs PREVENTABLE AND REVERSIBLE? THE EVIDENCE

**Deprescribing**  
Assoc. Prof. Ivana Kraljević, Assoc. Prof. Anela Novak

**Pro-environmental and Health Behaviour Change**  
Prof Gozde Ozakinci

**Gut Brain Axis**  
Prof Jelena Cvejic

**CBTi**  
Magdalena Komsta

### PANEL DISCUSSION

10.40

### BREAK

11.10

### SOME TOOLS OF LM: WHAT ARE THEY?

Insights from a reinsurer's Metabolic Health pilot

Dr John Schoonbee

**DM: No longer for ever?**  
Lifestyle4health

**Social Prescribing: Improving Peoples Lives**  
Dr Bogdan Chiva Giurca

### PANEL DISCUSSION

12.30

### LUNCH

13.30

### DRIVERS OF HEALTH

Environmental Health EDCs Pollution  
TBA

Healthy eating patterns incl Planetary Health Diet  
PAN International

AI in Preventive Medicine Overview  
Sigrid Berge van Rooijen

### PANEL DISCUSSION

15.00

### BREAK

15.30

### LM AROUND EUROPE: CHALLENGES AND OPPORTUNITIES INCLUDING QUALITY IMPROVEMENT

Discussion Panel with  
Dr Alicja Baska  
Dr Rob Lawson  
Adam Jarubas (MEP)

17.00

### CLOSING REMARKS

17.15

### CLOSE

19.00

### CONFERENCE DINNER

## DAY 2 10TH MAY

SPECIFIC  
TIME

08.45

### LIFESTYLE MEDICINE WORKSHOPS

**Mediterranean Diet Made Easy**  
Culinary/cooking demo

**Case Studies LM Implementation**

**Group Consultations to Deliver LM**  
Dr Rob Lawson and Dr Camille Hiron

**Extra Virgin Olive Oil Sensory Testing - Could You Be a  
Sommelier?**

**Individual Challenge Inventory Tool (ICIT)**  
Dancing workshop

10.30

### POSTER SESSIONS BREAK

11.00

### LIFESTYLE MEDICINE WORKSHOPS

**Mediterranean Diet Made Easy**  
Culinary/cooking demo

**Yoga for Stress Management**

**Singing for Health**

**Art Therapy**

**Reversing T2DM**  
Dr Mariela Glandt and Lifestyle4health Team

**Dancing Workshop**

12.30

### BRIEF PLENARY LUNCH

13.30

### CLOSING REMARKS AND SYMPOSIUM CLOSE

ATTENDANCE  
COUNTS  
FOR

12  
HRS  
CPD