

THE PROGRAMME

DAY 1 9TH MAY

SPECIFIC TIME

08.45

WELCOME AND OPENING SESSION
Dr Ivana Kolicic, 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