

# Conference Schedule

*“Transforming Health & Healthcare through Lifestyle Medicine”*

## Sunday, April 21<sup>st</sup> Pre Conference Workshops

| Time            | Events/Titles  | Presenters/Coordinators  | Room           |
|-----------------|--|--|----------------|
| 9:00~17:00 pm   | Seoul Tour (full day)  | Travel Agent   |                |
| 9:00~17:00 pm   | Registration   | KCLM Staff   | Ballroom Lobby |
| 9:30am~12:30 pm | <b>Pre Conference Workshop 1A:</b><br>Lifestyle Medicine Clinic: Assessment and Treatment Protocols  | Wayne Dysinger, MD, MPH, FACLM   | Room A         |
|                 | <b>Pre Conference Workshop 1B:</b><br>Health Behavior Change and Coaching Communication in Lifestyle Medicine                                  | Elizabeth Frates, MD, FACLM<br>Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM  | Room B         |
| 12:30~1:30 pm   | <b>Lunch and Networking</b>  |  |                |
| 13:30~16:30 pm  | <b>Pre Conference Workshop 2A:</b><br>Implementing Lifestyle Medicine Group Visits Program   | Wayne Dysinger, MD, MPH, FACLM<br>Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM<br>Elizabeth Frates, MD, FACLM                          | Room A         |
|                 | <b>Pre Conference Workshop 2B:</b><br>Improving patient care through Culinary Medicine and CHEF Coaching                                       | Rani Polak, MD, MPH<br>Euicheol Lee, MD  | Room B         |
| 13:30~17:00 pm  | Seoul Tour (half day)  | Travel Agent   |                |
| 18:00~20:00 pm  | Reception & Dinner<br>Conference Opening Remarks<br><b>Keynote 1:</b><br>Lifestyle Medicine: The Global Imperative to Practice Differently Now | <b>MC:</b> Herb Gilbert, MD, MS, MPH, DipIBLM, FACLM<br>Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM<br>Wayne Dysinger, MD, MPH, FACLM | Ballroom       |
| 20:00~21:30 pm  | Film: Game Changers  | <b>MC:</b> Andy Ng, DrPH, DipIBLM  | Ballroom       |

## Monday, April 22<sup>nd</sup> Conference Day 1

|                    |  |   |                  |
|--------------------|--|---|------------------|
| 7:00~8:00 am       | <b>Breakfast and Networking</b>  |   | Hotel Restaurant |
| 7:30~8:00 am       | <b>Informational Session: Walk With Doc Program (Dr. David Sabgir)</b>                               |   | Room A           |
|                    | <b>Informational Session: Professionals in Training (Students &amp; Residents) (Dr. Beth Morris)</b> |   | Room B           |
| 7:00~13:00 pm      | <b>Registration</b>  |   | Ballroom Lobby   |
| 8:00~9:15 am       | <b>Keynote 2:</b><br>Digital Delivery of Lifestyle Medicine and Preventive Medicine                  | David Katz, MD, MPH, FACPM, FACLM       | Ballroom         |
| 9:20~10:15 am      | <b>Plenary:</b><br>The Transformative Power of Lifestyle Medicine                                    | Dean Ornish, MD, FACLM                  | Ballroom         |
| 10:15~10:30 am     | <b>Networking Break OR Stretching</b>  |   | Ballroom         |
| 10:35am - 11:35 am | <b>Plenary:</b><br>Looking Back to Go Forward: Transforming Medical Education                        | Amanda McKinney, MD, MPH, FACLM         | Ballroom         |
| 11:40am~12:40 pm   | <b>Concurrent 2A:</b><br>How a Hepatobiliary Surgeon can Get Involved in Lifestyle Medicine?         | Irene Lo, MD, DipIBLM                   | Ballroom         |
|                    | <b>Concurrent 2B:</b>  | Mechelle Palma, MD, MMHA DipIBLM, FACLM | Room A           |

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|  | Crafting Exercise Prescription for Special Medical Conditions  |  |                  |
|  | <b>Concurrent 2C:</b><br>Tinnitus Rehabilitation Therapy through Positive Psychology   | Young-Myoung Chun MD, PhD  | Room B           |
| 12:40~13:30 pm   | <b>Lunch &amp; Networking</b>  |  | Ballroom B       |
| 13:30~14:30 pm   | <b>Keynote 3:</b><br>Harnessing Positive Psychology in the Practice of Lifestyle Medicine  | Liana Lianov, MD, MPH, FACLM                                       | Ballroom         |
| 14:40~15:40 pm   | <b>Plenary :</b><br>Lifestyle Medicine Education: An Update from the American College of Lifestyle Medicine                                | Paulina Shetty MS, RDN, CPT, DipACLM (Director of Education, ACLM) | Ballroom         |
| 15:40 – 16:00 pm                                       | <b>Networking Break OR Stretching</b>  |  | Ballroom         |
| 16:00 -17:00 pm  | <b>Concurrent 3A:</b><br>Synergy - Lifestyle Medicine practice and education in a tertiary care center                                     | April Wilson MD, MPH, FACPM  | Ballroom         |
|  | <b>Concurrent 3B:</b><br>Addiction Defined and Intervention through Lifestyle Medicine   | James Wu, PhD, MPH, DipIBLM, FACLM                                 | Room A           |
|  | <b>Concurrent 3C:</b><br>Lifestyle Medicine Program for Youth in South Korea   | Sangik, Jo, MD   | Room B           |
| 17:30~18:30 pm   | 5-Kilometer Run  | KCLM Staff   | Hotel Lobby      |
| 19:00~21:00 pm   | Dinner, Country Chapters Report, & Business Meeting  | ASLM Officers & Members  | Ballroom         |
| <b>Tuesday, April 23<sup>rd</sup> Conference Day 2</b> |  |  |                  |
| 7:00~8:00 am   | <b>Breakfast and Networking</b>  |  | Hotel Restaurant |
| 7:30~8:00 am   | <b>Informational Session: Lifestyle Medicine Pharmacists Working Group (Dr. Denise Fields)</b>   |  | Room A           |
|  | <b>Informational Session: Community Engaged Lifestyle Medicine Working Group (Dr. Janani Krishnaswami)</b>                                 |  | Room B           |
| 7:00~13:00 pm  | <b>Registration</b>  |  | Ballroom Lobby   |
| 8:00~9:15 am   | <b>Keynote 4:</b><br>Creating Ecosystems that Inspire, Enable and Sustain Healthy Lifestyle  | Michael O'Donnel PhD, MBA, MPH                                     | Ballroom         |
| 9:20~10:15 am  | <b>Plenary:</b><br>Lifestyle Medicine & Telomere Effect  | Elissa Epel, PhD   | Ballroom         |
| 10:15~10:30 am   | <b>Networking Break OR Stretching</b>  |  | Ballroom         |
| 10:35~11:35 am   | <b>Plenary:</b><br>Practicing Healthful Lifestyles for Healthcare Professionals: Taking care of yourself so you can care for others        | Elizabeth Frates, MD, FACLM  | Ballroom         |
| 11:40am~ 12:40 pm                                      | <b>Concurrent 5A:</b><br>The Global Burden of Disease Visualization Hub as a Tool in Lifestyle Medicine Research, Teaching & Clinical Care | Herb Giebel, MD, MS, MPH, FACLM, DipIBLM                           | Ballroom         |
|  | <b>Concurrent 5B:</b><br>The Health Risk of Loneliness and Social Isolation: What Science Knows and Doesn't Know                           | Tamami Shirai, PhD   | Room A           |
|  | <b>Concurrent 5C:</b><br>The Role of Low Dose Environmental Chemicals in Human Health: What Can We Do Against Them?                        | Duckhee Lee, MD, PhD   | Room B           |

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| 12:40~13:30 pm   | <b>Lunch &amp; Networking</b>  |  |                   |
| 13:30~14:30 pm   | <b>Keynote 5:</b><br>"Connection": What Brings Lifestyle Medicine to Healthcare and Life – From the doctors office, to the hospital, to healthcare systems, and to every day life. | Marc Braman, MD, MPH, DipABLM, FACLM   | Ballroom          |
| 14:35~15:35 pm   | <b>Panel Discussion:</b><br>Transformational Lifestyle Medicine Programs, Practices, and Systems in Practice.  | <b>Moderator:</b> Michael O'Donnel PhD, MBA, MPH<br><b>Panelists:</b> Dexter Dexter Shurney MD, MBA, MPH, DipABLM, FACLM; Marc Braman MD, MPH, DipABLM, FACLM; Liana Lianov, MD, MPH, FACLM; April Wilson MD, MPH, FACPM | Ballroom          |
| 15:35 - 15:50 pm   | <b>Networking Break OR Stretching</b>  |  |                   |
| 15:50 -17:00 pm  | <b>Concurrent 6A:</b><br>Stress Resilience in Lifestyle Medicine Practice and Health Outcomes  | Sivaneswaran Poobalasingam, MD, DipIBLM  | Ballroom          |
|  | <b>Concurrent 6B:</b><br>The Impact of Lifestyle Medicine on Diabetes through the Faith-based Community Center Approach  | Czarina Mae Lumaque, RN, MSN, PhD  | Room A            |
|  | <b>Concurrent 6B:</b><br>Community-Based Lifestyle Medicine Service: The Rainbow Rules for Health and Longevity  | Jacqueline Michael, MBBS, NFP MC, M.Med, DipIBLM   | Room B            |
| 17:30~18:00 pm   | <b>Pre-Banquet Networking and Auction Close</b>  |  | Ballroom<br>Lobby |
| 18:00~20:00 pm   | ASLM Awards Banquet, Music (Duet of Love), and Gala Dinner Special Speech :<br>"Lifestyle IS Medicine, Lifestyle AS Medicine"  | <b>MC:</b> Andy Ng, DrPH, DipIBLM<br><b>Singers:</b> Nam Yang-Woo & Jai-Suk<br><b>Interviewer:</b> Herb Gilbert, MD, MS, MPH, DipIBLM, FACLM<br><b>Guest Speaker:</b> David Katz, MD, MPH, FACPM, FACLM                  | Ballroom          |
| <b>Wednesday, April 24<sup>th</sup> Conference Day 3</b> |  |  |                   |
| 7:00~8:00 am   | <b>Breakfast and Informational Session</b>   |  | Hotel Restaurant  |
| 7:30~8:00 am   | <b>Informational Session: Getting Involved in ASLM's Committees, Working Groups, and Task Forces</b>   |  | Ballroom          |
| 7:00~8:00 am   | <b>Registration</b>  |  | Ballroom<br>Lobby |
| 8:00~9:15 am   | <b>Keynote 6:</b><br>Lessons from the Field: Injecting Lifestyle Medicine into the Corporate Workplace   | Dexter Shurney, MD, MBA, MPH, DipABLM, FACLM   | Ballroom          |
| 9:20~10:15 am  | <b>Plenary:</b><br>How Not To Die  | Michael Greger, MD FACLM   | Ballroom          |
| 10:15~10:30 am   | <b>Networking Break OR Stretching</b>  |  |                   |
| 10:30~11:30 am   | <b>Concurrent 7A:</b><br>Lifestyle Medicine Education Collaborative (LMEd): Integrating LM into your teaching program  | Edward Phillips, MD  | Ballroom          |
|  | <b>Concurrent 7B:</b><br>Free Accredited Lifestyle Medicine Education -- including a free, globally-available Master's in Public Health  | Frank Erica, MD, MPH<br>Lilach Malatskey, MD, MPH<br>Ify Monye, MD   | Room A            |
| 11:35am~12:35 pm   | <b>Concurrent 8A:</b><br>Spiritual Wellness in Lifestyle Medicine - Why, What & How?   | Samuel Handsk, MD, DipIBLM   | Ballroom          |
|  | <b>Concurrent 8B:</b>  | Simon Matthews, DipIBLM FASLM  |                   |

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|          | Transforming health one small change at a time: The use of circular questioning to elicit curiosity about health behavior change in patients |  | Room A   |
|          | <b>Concurrent 8C:</b><br>Lifestyle Medicine, the pathway to National Health Project 2030 of China  | Xin Ma, MD, PhD  | Room B   |
| 12:35 PM | <b>Closing Remark:</b>   | <b>MC:</b> Herb Gilbert, MD, MS, MPH, DipIBLM, FACLM<br>Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM | Ballroom |

### Wednesday, April 24<sup>th</sup> Post Conference

|               |   |   |        |
|---------------|---|---|--------|
| 12:35~13:30pm | <b>Lunch (For Post Conference Participants Only)</b>  |   |        |
| 13:00~14:00pm | International Board of Lifestyle Medicine (IBLM) Examination Orientation  | Stephan Herzog, Ex. Director of IBLM Organization | Room A |
| 14:00~17:00pm | <b>Post Conference Workshop 1A:</b><br>Systems and Practices of Clinical Care:<br>The Lifestyle Medicine Doctor's Bag | Marc Braman, MD, MPH, DipABLM, FACLM              | Room A |
| 13:00~19:00pm | Seoul Tour (half day)   | Travel Agent                                      |        |

### Thursday, April 25<sup>th</sup> Post Conference

|                |                        |   |        |
|----------------|------------------------|---|--------|
| 7:30~8:00am    | Board Exam Preparation |   | Room A |
| 8:00am~12:00pm | IBLM Board Exam        | Stephen Herzog, Ex. Director of IBLM Organization | Room A |