

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 Hirons

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**