

2ND

EUROPEAN LIFESTYLE MEDICINE CONGRESS

All roads lead to Lifestyle Medicine    

ORGANIZER



EUROPEAN LIFESTYLE MEDICINE ORGANIZATION

NOVEMBER 8 - 10, 2019

ROMA EVENTI FONTANA DI TREVI

ROME, ITALY

Detailed Program

Friday, November 8, 2019

Hall A

Hall B

12.00 – 13.00

Congress Registrations

13.00 – 15.30

"The European Health and Fitness Lifestyle Advisor" - the ELMO Certificate [more information >](#)

15.30 – 16.15

Workshop I **FULLY BOOKED**
Creating a Lifestyle Medicine training program
Lilach Malatskey (Israel), **Jumanah Essa-Hadad** (Israel)

16.15 – 17.00

Workshop II
Workshop with the DANCING DOCTOR Ági®
Agnes L. Nagy (Hungary)

Saturday, November 9, 2019

	Hall A	Hall B
08.45-09.00	<p>Welcome message Stefania Ubaldi (Switzerland), ELMO President</p>	
09.00 – 10.30	<p>Round table I: Clinical application of Lifestyle Medicine Moderators: Ioannis Arkadianos (Greece), Reka Vernes (Hungary)</p> <p><i>Impact of environment on clinical application of Lifestyle Medicine</i> Stefania Ubaldi (Switzerland)</p> <p><i>Sexual Health: a mandatory part of anamnesis in Lifestyle Medicine</i> Ioan Hanes (Belgium)</p> <p><i>Lifestyle Medicine for diabetes: why do we need it?</i></p>	<p>Workshop III <i>#DrBalanicaMethod - case reports from a multimodal lifestyle intervention</i> Florin-Ioan Balanica (Romania)</p>

	Hanno Pijl (The Netherlands)	
10.30 – 11.00	<i>Coffee Break</i>	
11.00 – 12.00	Oral presentations I Chair: Wojciech Marlicz (Poland) Click here for details	Oral presentations II Chair: Agnieszka Muszynska (Poland) Click here for details
12.00 – 13.00	Keynote lecture I Chair: Stefania Ubaldi (Switzerland) <i>Lifestyle medicine for adiposity- and dysglycemia drivers of cardiometabolic-based chronic disease</i> Jeffrey I. Mechanick (USA)	
13.00 – 14.00	<i>Lunch Break</i>	
14.00 – 15.00	Round Table II: Nutrition Moderators: Rani Polak (Israel), Lilach Malatskey (Israel)	Workshop IV <i>Exercise and diseases</i> Reka Vernes (Hungary)
15.00 – 15.30	<i>Correlation between obesity and cancer and lifestyle</i>	Workshop V <i>Sexual health and fertility</i> Stefania Ubaldi (Switzerland), Ioan Hanes (Belgium)

	<p><i>interventions for prevention</i> Ioannis Arkadianos (Greece)</p> <p><i>Applied Nutrigenetics and Food Coaching: from theory to clinical practice</i> Valentini Konstantinidou (Spain)</p> <p><i>The importance of a patient's relationship with food and how it impacts health & chronic disease</i> Aarti Javeri Mehta (UAE)</p>	
15.30 – 16.30	<p>Poster Discussion Chair: Ioannis Arkadianos (Greece)</p>	
16.30 – 17.00	<p><i>Coffee Break</i></p>	
17.00 – 18.00	<p>Round Table III: Education Moderators: Stefania Ubaldi (Switzerland), Ioan Hanes (Belgium)</p> <p><i>Evidence based interventions to increase physical activity among chronic patients and people at risk</i></p>	<p>Oral Presentations III Chair: Ivana Kolcic (Croatia) Click here for details</p>
18.00 – 19.00	<p><i>Evidence based interventions to increase physical activity among chronic patients and people at risk</i></p>	<p>Workshop VI Sleep health: an introductory guide to the treatment of insomnia (through cognitive behavioral therapy)</p>

	<p>Davide Susta (Ireland)</p> <p><i>Culinary Medicine</i></p> <p>Rani Polak (Israel)</p> <p><u>Education debate: The First European Lifestyle Medicine Certificate</u></p> <p>Certification ELMO</p>	Bernardo Barata (Portugal)
19.00	Opening Ceremony - Networking Event	
Sunday, November 10, 2019		
	Hall A	Hall B
08.00 – 09.30		<p>Workshop VII</p> <p><i>Culinary Medicine</i></p> <p>Rani Polak (Israel)</p>
09.30 – 10.30	<p>Round table IV: Physical activity</p> <p>Moderators: Davide Susta (Ireland), Aarti Javeri Mehta (UAE)</p> <p><i>Personalized exercise prescription and patient monitoring</i></p> <p>Reka Vernes (Hungary)</p> <p><i>SlowFIT: an innovative personalized group class</i></p> <p>Fausto Di Giulio (Italy)</p>	

10.30 – 11.00	<i>Coffee Break</i>	
11.00 – 12.00	<p>Keynote lecture II Chair: Ioannis Arkadianos (Greece)</p> <p><i>The Mediterranean diet paradigm: Achieving the United Nations Sustainable Development Goals through Food</i> Antonia Trichopoulou (Greece)</p>	
12.00 – 13.00	<p>Round table V: Community Well Being Moderator: Agnieszka Muszynska (Poland)</p> <p><i>World Digestive Health Day: early diagnosis and treatment of gastrointestinal cancer</i> Wojciech Marlicz (Poland)</p> <p><i>Harm reduction in tobacco and alcohol consumption - does it really matter?</i> Andrzej Mariusz Fal (Poland)</p>	<p>Oral Presentations IV Chair: Valentini Konstantinidou (Spain)</p> <p>Click here for details</p>
13.00 – 14.00	ELMO General Assembly	
14.00 – 15.30	<i>Lunch Break</i>	Working Groups of ELMO meeting