

# Lifestyle Medicine

## Tools for Promoting Healthy Change



Live Streaming • June 11 - 12, 2021

## Schedule

### Tuesday, June 08, 2021

#### Optional Pre-Course Workshop

5:30pm to 7:10pm **Clinicians in the Kitchen**  
[Click here for details.](#)

### Wednesday, June 09, 2021

#### Optional Pre-Course Workshops

9:00am to 6:30pm **Mastering the Principles of Motivational Interviewing**  
[Click here for complete schedule](#)

### Thursday, June 10, 2021

#### Optional Pre-Course Workshops

8:45am to 5:45pm **Culinary Health Education Fundamentals (CHEF) Coaching - The Basics**  
[Click here for complete schedule](#)

### Friday, June 11, 2021

9:00am to 9:30am **The Fundamental Shift in Lifestyle Medicine: Moving from the Why to the How**  
*Edward M. Phillips, MD*

9:30am to 9:35am **Break**

9:35am to 10:35am **Special Keynote Presentation: The Physical Activity Guidelines**  
*NiCole Keith, PhD, FACSM*

10:35am to 10:50am **Break**

10:50am to 11:35am **2021 Perspectives on Clinician Self-Care: What It Is and Why It Matters**

*Suzanne Koven, MD*

11:35am to 11:40am **Break**

11:40am to 12:40pm **Special Keynote Presentation: Nutrition**

*Frank Hu, MD, PhD*

12:40pm to 1:40pm **Break**

1:40pm to 2:55pm **Special Keynote Presentation: Stress and Mindfulness/Meditation**

*Jon Kabat-Zinn, PhD*

2:55pm to 3:00pm **Break**

3:00pm to 3:45pm **Health and Wellness Coaching in Day-to-Day Practice: Who, What, Why, When, and How**

*Elizabeth Frates, MD*

3:45pm to 4:00pm **Break**

4:00pm to 5:00pm **Obesity Medicine: Proven Strategies for Daily Practice**

*Fatima Cody Stanford, MD, MPH, MHA*

5:00pm to 5:05pm **Break**

5:05pm to 6:05pm **Sleep Problems: The Most Effective Lifestyle Medicine Interventions**

*Noah Siegel, MD*

## Saturday, June 12, 2021

9:00am to 10:00am **Special Keynote Presentation: Motivational Interviewing**

*Stephen Rollnick, PhD*

10:00am to 10:05am **Break**

10:05am to 10:35am **Culinary Medicine: What It Is and Why It's Gaining Such Rapid Adoption**

*Rani Polak, MD, MBA*

10:35am to 10:40am	<b>Break</b>
10:40am to 11:25am	<b>Whole Health</b> <i>Tracy Gaudet, MD</i>
11:25am to 11:40am	<b>Break</b>
11:40am to 12:55pm	<b>Incorporating Basic and Advanced Lifestyle Medicine Principles into Your Practice</b> <i>Umadevi Naidoo, MBChB, Monique Tello, MD, and Barbara Livingston, DMin, LMHC</i>
12:55pm to 1:55pm	<b>Break or Optional: CHEF Coaching—The Basics Information Session</b> <i>(12:55 pm - 1:25 pm)</i> <i>Rani Polak, MD, CHEF, MBA</i>
1:55pm to 2:55pm	<b>Special Keynote Presentation: Togetherness</b>
2:55pm to 3:00pm	<b>Break</b>
3:00pm to 4:00pm	<b>Lifestyle Medicine for Underserved Populations</b> <i>Michelle McMacken, MD</i>
4:00pm to 4:15pm	<b>Break</b>
4:15pm to 5:00pm	<b>Closing the Intention-Behavior Gap</b> <i>Mark Faries, PhD</i>
5:00pm to 5:05pm	<b>Break</b>
5:05pm to 5:20pm	<b>The Exercise Prescription: Getting Your Patients (and You) Moving</b> <i>Edward M. Phillips, MD</i>
5:20pm to 5:35pm	<b>The New Data on the Benefits of Resistance Training: Weight Loss, Function and Performance</b> <i>Edward M. Phillips, MD</i>
5:35pm to 5:50pm	<b>Transforming Knowledge into Action: The Road Ahead</b> <i>Edward M. Phillips, MD</i>

### Optional Post-Course Workshop

**Culinary Health Education Fundamentals (CHEF) Coaching—Beyond the Basics**