



HARVARD
MEDICAL SCHOOL

Tools for Promoting Healthy Change

Lifestyle Medicine

2018

June 22–23
Boston, MA

Evidence-based strategies, tools, and techniques to effect healthier changes in patients (and ourselves), including diet, exercise, sleep, weight loss, and stress management

Advance your:

- Knowledge
- Skills
- Patient outcomes
- Self-care
- Medical practice

FITNESS
WEIGHT
HEALTH
EXERCISE

Earn up to 29.25 AMA PRA Category 1 Credits™
24.75 AAFP Prescribed credits

This course sold out the past three years. To be assured a seat in the 2018 program, early registration is strongly advised.

Register at LifestyleMedicine.HMSCME.com

Optional Pre-Courses

Principles of Motivational
Interviewing



Culinary Health Education
Fundamentals (CHEF) Coaching





HARVARD MEDICAL SCHOOL

Dear Colleague,

Our daily work as healthcare professionals increasingly involves caring for patients with diseases that are ultimately caused by or exacerbated by poor diet, lack of exercise, stress, inadequate sleep, and smoking. Yet professional training does not sufficiently prepare us to leverage our position of trust to help patients initiate health-promoting behaviors. At the same time, we are seeing payment structures rapidly evolve to reward clinicians based upon our patients' health behaviors and health outcomes.

These factors have given rise to an overwhelming demand for evidence-based lifestyle medicine practices that have been shown to reduce patient risk for chronic diseases. That is precisely what is offered at Lifestyle Medicine in 2018.

Some of the country's most experienced and committed lifestyle medicine experts will offer cutting-edge research, accumulated knowledge, and hands-on methods to further your expertise in guiding your patients to healthier lives.

In this immersive program, you will learn proven practices, accrue state-of-the-art skills, and acquire take-home tools to enable your success in effectively and efficiently helping your patients adopt and sustain lifestyle behaviors that will improve their health and quality of life.

Prior course participants describe a renewed passion for practicing medicine and reduced personal stress as they themselves learn to pay attention to their own health and to serve as role models for their patients.

I look forward to seeing you in Boston in June.

Edward M. Phillips, MD
Course Director



Education and Skills Development for:

- Physicians
- Nurse Practitioners
- Physician Assistants
- Nurses
- Psychologists
- Social Workers
- Dietitians
- Educators
- Health Coaches
- Physical Therapists
- Occupational Therapists
- Residents
- Fellows

Course Director

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Chief of the Physical Medicine and Rehabilitation Service at the VA Boston Healthcare System. As Director of the Institute of Lifestyle Medicine (ILM) at Spaulding Rehabilitation Hospital, he has directed 19 live CME programs and seven online CME modules in Lifestyle Medicine completed by over 15,000 clinicians from 115 countries. He is co-founder and co-director of the Lifestyle Medicine Education Collaborative (LMEd), dedicated to integrating Lifestyle Medicine into medical school curricula.

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Lifestyle Medicine 2018

Lifestyle Medicine not only prevents disease, but is integral to treating many of them:

- Type 2 diabetes
- Hypertension
- Cardiovascular disease
- Stroke
- High cholesterol
- Depression
- Anxiety
- Osteoarthritis
- Sexual health issues
- Dementia
- Osteoporosis
- Sarcopenia
- Breast, colon, and other cancers



Course Description

According to the World Health Organization, by 2020, two-thirds of all disease worldwide will be the result of lifestyle choices. Currently, the leading causes of death in the United States are lifestyle related: poor diet, lack of exercise, obesity, tobacco use, and overconsumption of alcohol. This course is designed to change your competence and performance-in-practice by increasing your knowledge of lifestyle medicine and helping you develop strategies to incorporate it into patient care, providing the newest science of nutrition, physical activity, and management skills. The course will focus on effectively counseling your patients to improve their overall lifestyle, including stress management, diet, and exercise. You will also have the opportunity to commit to improving your personal health practices so that you can serve as a better role model for your patients.

Learning Objectives

Upon completion of this course, participants will be able to:

- Recognize that lifestyle choices are the root cause of the majority of disease, death, and healthcare cost.
- Utilize evidence-based practices in health coaching to support initial behavior change and to sustain the new behavior.
- More effectively and efficiently counsel patients on the importance of lifestyle changes.
- Develop strategies to encourage patients to make and meet their new lifestyle goals.

Harvard Medical School Faculty

Herbert Benson, MD
Suzanne Bertisch, MD
Elizabeth P. Frates, MD
Gregory L. Fricchione, MD
Lee Kaplan, MD, PhD

Suzanne Koven, MD
Timothy Larose, LICSW
Susan Larrabee, LICSW
Roseanna Means, MD
Edward M. Phillips, MD

Rani Polak, MD, Chef, MBA
John Rodolico, PhD
Claudia Rodriguez, MD
Joji Suzuki, MD

Rani Polak, MD, Chef, MBA – Assistant Course Director

Rani Polak is the founder and director of the CHEF Coaching program at the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, and a Research Associate in the Department of Physical Medicine & Rehabilitation, Harvard Medical School. His current work is concentrated on culinary coaching, an innovative telemedicine approach which utilizes evidence-based medicine to help individuals and professionals to efficiently and cost-effectively improve nutrition through home cooking. His work has been featured in many media outlets including *Scientific American*, *Herald Tribune*, and *USA Today*.

Guest Faculty

Jane Barg

Health coach, culinary coach, chef

Shirley Garrett

Culinary coach, health coach, medical exercise specialist, chef

Michael Greger, MD

Founding Member and Fellow of the American College of Lifestyle Medicine

Nandana Kansra, MD, MPH

Private practice

Benjamin Kligler, MD

Professor of Family Medicine and Community Health, Icahn School of Medicine, Mount Sinai; National Director, Integrative Health Coordinating Center, Veterans Health Administration

Dean Ornish, MD

Clinical Professor of Medicine, University of California, San Francisco

James Prochaska, PhD

Director of Cancer Prevention Research Center; Professor of Clinical and Health Psychology, University of Rhode Island

Shalu Ramchandani, MD

Health and wellness coach, private practice

Adam Rindfleisch, MD

Associate Professor, Department of Family Medicine, University of Wisconsin School of Medicine and Public Health

Education, Skills Development, and Take-Home Tools to Promote Healthy Change

Wednesday, June 20 | Sunday, June 24
Optional Workshop



Clinicians in the Kitchen

Wednesday, June 20 • 5:30 pm - 8:30 pm
Dinner and transportation will be provided
OR

Sunday, June 24 • 11:00 am - 2:00 pm
Lunch and transportation will be provided

Visit website for more details.

Thursday, June 21
Optional Workshop



Mastering the Principles of Motivational Interviewing

Thursday • June 21, 8:00am - 6:00 pm

Motivational interviewing has emerged as one of the most critical and effective evidence-based approaches when working with patients to promote behavior change.

In this intensive one-day workshop, participants learn and practice state-of-the-art principles and methods for motivational interviewing to improve patient outcomes.

Full agenda on website.

Accreditation

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 29.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- Main 2-day course, Lifestyle Medicine: Tools for Promoting Healthy Change (June 22-23): 14 *AMA PRA Category 1 Credits™*
- Optional 1-day pre-course, Principles of Motivational Interviewing (June 21): 8.50 *AMA PRA Category 1 Credits™*
- Optional 1-day pre-course, Clinicians CHEF Coaching (June 21): 6.75 *AMA PRA Category 1 Credits™*
- Optional .5-day course, Clinicians in the Kitchen (June 20 or June 24): 2.25 *AMA PRA Category 1 Credits™*
- Optional CHEF Coaching post-course practice: 6.25 *AMA PRA Category 1 Credits™* for all five sessions

AMERICAN ACADEMY OF FAMILY PHYSICIANS

This Live activity, Lifestyle Medicine: Tools for Promoting Healthy Change, with a beginning date of 06/20/2018, has been reviewed and is acceptable for up to 24.75 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. [The AAFP has not reviewed the CHEF Coaching post-course practice sessions.]

AMERICAN BOARD OF LIFESTYLE MEDICINE (ABLM)

INTERNATIONAL BOARD OF LIFESTYLE MEDICINE (IBLM)

Credits may be applied toward the CME requirements of the ABLM and IBLM.

CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credits™* to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMECs® can be found at: www.eaccme.eu.

DISCLAIMER

CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

Lifestyle Medicine has sold out the past three years. Early registration to the 2018 program is strongly advised

Lifestyle Medicine 2018

Thursday, June 21
Optional Workshop



Culinary Health Education Fundamentals (CHEF) Coaching – The Basics

Thursday • June 21, 8:00am - 5:05 pm

In this culinary medicine program, clinicians get education, skills development, and resources to:

- Quickly and effectively educate patients on the health benefits of home-cooked meals
- Provide guidance to patients for shopping, food storage, and meal preparation
- Learn from master chefs who provide step-by-step guidance to develop your own culinary skills
- Translate culinary medicine knowledge and skills into coaching practices to improve the health and nutrition of your patients

Optional Distance-Learning

Culinary Health Education Fundamentals (CHEF) Coaching – Beyond the Basics

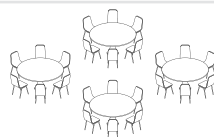
Many clinicians take their newly acquired CHEF Coaching skills to the next level with a series of five weekly, small-group, distance-learning practice sessions which guide you to:

- Hone your approach to culinary coaching
- Optimize the efficacy of your coaching with patients and their families
- Improve your own home cooking
- Introduce new culinary practices into your kitchen and those of your patients
- Practice, get feedback, and refine your culinary coaching techniques
- Build competencies for prescribing nutrition

See website for additional details.

Friday, June 22

7:00am	Registration/Coffee
8:00am	The Four Pillars of Lifestyle Medicine: Knowledge, Skills, Tools, and Self-Care Edward M. Phillips, MD
8:15am	Special Keynote Presentation: The Transformative Power of Lifestyle Medicine Dean Ornish, MD
9:30am	Break (refreshments provided) <i>During the morning refreshment break, Dean Ornish, MD will be available to sign copies of his new book</i>
10:00am	Obesity and Metabolic Risk: Different Disorders, Different Treatments Lee Kaplan, MD, PhD
11:00am	Special Keynote Presentation: The Relaxation Response: The When, Why, and How of Recommending Meditation to Your Patients Herbert Benson, MD and Gregory L. Fricchione, MD
12:00pm	Break for lunch*
1:15pm	The “Whole Health” Tool Kit (and how to use it) Adam Rindfleisch, MD
3:15pm	Break (refreshments provided)
3:45pm	Special Keynote Presentation: Effective Techniques for Engaging Patients in Their Change Process James Prochaska, PhD
4:45pm	Clinician Self-Care: What It Is and Why It Matters Suzanne Koven, MD
5:30pm	Break for dinner*
7:00pm	Networking Roundtables (optional)
9:00pm	Roundtables Adjourn



2018 Keynote Speakers



Herbert Benson, MD



Michael Greger, MD



Dean Ornish, MD



James Prochaska, PhD

Lifestyle Medicine 2018

Saturday, June 23

7:00am	Registration/Coffee
8:00am	Culinary Medicine: What It Is and Why It's Gaining Such Rapid Adoption Rani Polak, MD, Chef, MBA
9:00am	Special Keynote Presentation: Evidence-Based Nutrition for Treating Chronic Disease Michael Greger, MD
10:00am	Break (refreshments provided) <i>During the morning refreshment break, Michael Greger, MD will be available to sign copies of his new book</i>
10:30am	Sleep Problems: The Most Effective Lifestyle Medicine Interventions Suzanne Bertisch, MD
11:30am	Incorporating Basic and Advanced Lifestyle Medicine Principles into Your Practice Elizabeth P. Frates, MD; Shalu Ramchandani, MD; and Nandana Kansra, MD, MPH
12:30pm	Break for lunch*
1:45pm	Lifestyle Medicine for Underserved Populations Roseanna Means, MD
2:30pm	Integrative Medicine: What About It? Benjamin Kligler, MD
3:15pm	Break (refreshments provided)
3:45pm	The Exercise Prescription: Getting Your Patients (and You) Moving Edward M. Phillips, MD
4:30pm	The Surprising New Data on the Benefits of Resistance Training: Weight Loss, Function, and Performance Edward M. Phillips, MD
4:45pm	Closing Remarks Edward M. Phillips, MD
5:00pm	Main Course Adjourns

*There are many convenient and varied breakfast, lunch, and dinner options within a short walking distance of the course.

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.

Lifestyle Medicine provides practical education, opportunities to develop state-of-the-art skills, and take-home tools to enable your success in effectively and efficiently helping your patients adopt and sustain lifestyle behaviors that will improve their health and quality of life.

Welcome Reception
Thursday Evening, June 21
5:30pm–7:00pm



VENUE

Renaissance Boston Waterfront Hotel
606 Congress St., Boston, MA 02210
617-338-4111
1-888-796-4664 (toll-free reservation line)

ACCOMMODATIONS

A limited number of discounted rooms* have been reserved at the Renaissance Boston Waterfront Hotel until Wednesday, May 30, 2018. You can call the hotel reservation line to make a room reservation: (617) 338-4111. Please specify that you are enrolled in this activity in order to request the reduced room rate. To make your discounted reservation online by Wednesday, May 30, 2018, please visit the course website and click on the dedicated reservation link on the Venue page.

*Please note that the discounted rooms may sell out before the deadline.

Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.

Register at LifestyleMedicine.HMSCME.com



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Tools for Promoting Healthy Change

Lifestyle Medicine

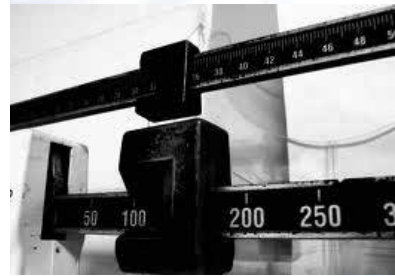
2018
June 22–23
Boston, MA

Keynote
Speakers

Herbert Benson, MD • Michael Greger, MD • Dean Ornish, MD • James Prochaska, PhD

Education and tools to start or expand your use of lifestyle medicine:

- The strategies that produce the best results for stress resiliency, sleep quality, nutrition, and weight-loss counseling
- Guidance to prescribe exercise and perform risk assessments
- Health coaching (it's not “eat less; exercise more”)
- Clinician self-care: what it is and why it matters
- What *really* gets patients (even reluctant ones) to make healthy changes
- Leveraging lifestyle medicine to prevent and treat type 2 diabetes, hypertension, high cholesterol, depression, anxiety, osteoporosis, dementia, certain cancers, and sexual health issues
- When, why, and how to incorporate lifestyle medicine for underserved populations



Register at LifestyleMedicine.hmscme.com

THE INSTITUTE OF
LIFESTYLE MEDICINE

SPAULDING
REHABILITATION NETWORK



HARVARD MEDICAL SCHOOL

Course #734233-1802

This course sold out the past three years. To be assured a seat in the 2018 program, early registration is strongly advised.

Tuition

Register on or before April 30, 2018

Lifestyle Medicine: Tools for Promoting Healthy Change

Friday and Saturday • June 22 – 23, 2018

Your tuition includes welcome reception, morning coffee/tea, morning and afternoon refreshments, and online access to the complete syllabus.

\$775

**\$675
(Save \$100)**

Optional Workshops

Clinicians in the Kitchen

Choose one of the following sessions:

Wednesday, June 20: 5:30 pm – 8:30 pm

Sunday, June 24: 11:00am – 2:00 pm

Hosted at Create A Cook teaching kitchen in Newton, MA. Transportation and lunch or dinner provided. Each session limited to 30 participants.

\$345

Mastering the Principles of Motivational Interviewing

Thursday • June 21, 2018

Full-day skills development workshop.

Hosted at the Renaissance Boston Waterfront Hotel.

\$345

Culinary Health Education Fundamentals (CHEF) Coaching – The Basics

Thursday • June 21, 2018

Full-day skills development workshop.

Hosted at the Renaissance Boston Waterfront Hotel.

\$345

Culinary Health Education Fundamentals (CHEF) Coaching – Beyond the Basics

Five 75-minute, weekly, distance-learning practice sessions. Six different practice groups available in July and August 2018. Each group limited to 8 participants.

Please see LifestyleMedicine.HMSCME.com for details.

\$495

Registration, Payment, Confirmation, and Refund Policy

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at LifestyleMedicine.HMSCME.com.

At the end of the registration process, a \$5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check (draft on a United States bank), the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation from the HMS GCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

INQUIRIES

Call 617-384-8600 Monday – Friday, 9am – 5pm (ET) or by email to CEPrograms@hms.harvard.edu