



HARVARD
MEDICAL SCHOOL

TOOLS for PROMOTING HEALTHY CHANGE

Lifestyle Medicine

June 12–13
2020
Boston, MA

Evidence-based strategies,
tools, and techniques to
effect healthy changes in
patients (and ourselves):
Diet, Exercise, Sleep,
Weight Loss, Stress
Management

FITNESS
WEIGHT
HEALTH
EXERCISE

NEW IN 2020

Diet Is a Vital Sign

Recommendations for Vitamins
and Supplements

Nutritional Reversal of
Cardiovascular Disease



OPTIONAL ACTIVITIES

Principles of Motivational Interviewing Workshop

Culinary Health Education Fundamentals (CHEF)
Coaching

Clinicians in the Kitchen

NEW | The American Board of Lifestyle Medicine
offers the certification exam on site

Register at LifestyleMedicine.HMSCME.com



Earn up to: 24.00 AMA PRA Category 1 Credits™
24.00 AAFP Prescribed credits

Lifestyle Medicine 2020

Course Description

According to the World Health Organization, two-thirds of all disease worldwide will soon 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.
- Counsel patients on the importance of lifestyle changes.
- Develop strategies to encourage patients to make and meet their new lifestyle goals.
- Define the relationship between home cooking and health, and explain the rationale for the importance of patients' culinary behavior.
- Employ strategies for facilitating patient-centered culinary knowledge and skills, and describe strategies for empowering patients to adopt home cooking.
- Describe and demonstrate the spirit of motivational interviewing (MI) and its four processes (engaging, focusing, evoking, planning).
- Utilize patient-centered MI skills to help elicit and strengthen the internal motivation for change.
- Adapt the MI skills to fit into participants' current practice setting and target behaviors.

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



Who Attends

Education and Skills Development for:

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

Guest Faculty

Jane Barg, NBC-HWC, Health coach, Culinary coach, Chef

Caldwell Esselstyn, Jr., MD, Creator, Cardiovascular Disease Prevention and Reversal: The Esselstyn Program, Cleveland Clinic

Shirley Garrett, Culinary coach, Health coach, Medical exercise specialist, Chef

Charles Hillman, PhD, MS, Professor, Psychology, Bouvé College of Health Sciences - Physical Therapy, Northeastern University

Tereza Hubkova, MD, Physician, Canyon Ranch, Lenox, MA

David L. Katz, MD, MPH, Founding Director, Yale-Griffin Prevention Research Center; Past President, American College of Lifestyle Medicine

Laura Klein, MBA, Culinary Wellness Coach and Chef, Well-Seasoned Coaching, Needham, MA

Michelle McMacken, MD, Assistant Professor of Medicine, NYU School of Medicine

Judith T. Moskowitz, PhD, MPH, Professor of Medical Social Sciences, Feinberg School of Medicine, Northwestern University



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 2020.

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



Harvard Medical School Faculty

Abby Altman, PhD
Elizabeth P. Frates, MD
Janine Gilarde, RN
Suzanne Koven, MD
Susan Larrabee, LICSW
JoAnn Manson, MD, DrPH
Darshan Mehta, MD, MPH
Jacob Mirsky, MD, MA
Kimberly Parks, DO
Edward M. Phillips, MD
Rani Polak, MD, Chef, MBA
Shalu Ramchandani, MD
John Rodolico, PhD
Claudia Rodriguez, MD
Jacqueline Spencer, MD
Fatima Cody Stanford, MD,
MPH, MPA
Joji Suzuki, MD
Eric Zhou, PhD

Edward M. Phillips, MD | Course Director

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Whole Health Medical Director at the VA Boston Healthcare System. As Director of the Institute of Lifestyle Medicine (ILM) at Spaulding Rehabilitation Hospital, he has directed 22 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.

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

Rani Polak is the Founding Director of Culinary Healthcare Education Fundamentals (CHEF) Coaching at the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital and the Center of Lifestyle Medicine at Sheba Medical Center, Tel Aviv, Israel, as well as an Assistant Professor, Part-time, at the Department of PM & R, Harvard Medical School. His current work focuses on culinary coaching, an innovative telemedicine approach that 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 the *Scientific American*, the *Herald Tribune*, and *USA Today*.

Optional Wednesday Workshop



Clinicians in the Kitchen

Wednesday, June 10 • 11:00am - 2:00pm
OR

Wednesday, June 10 • 5:30pm - 8:30pm

Transportation and lunch or dinner will be provided.
Visit website for more details.

Accreditation

ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION

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 24.00 *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 12-13): 14.00 *AMA PRA Category 1 Credits™*
- Optional .5-day pre-course, Clinicians in the Kitchen (June 10): 2.25 *AMA PRA Category 1 Credits™*
- Optional 1-day pre-course, Principles of Motivational Interviewing (June 11): 7.75 *AMA PRA Category 1 Credits™*
- Optional 1-day pre-course, Clinicians CHEF Coaching (June 11): 7.25 *AMA PRA Category 1 Credits™*

AMERICAN ACADEMY OF FAMILY PHYSICIANS

This Live activity, Lifestyle Medicine: Tools for Promoting Healthy Change, with a beginning date of 06/11/2020, has been reviewed and is acceptable for up to 24.00 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.

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.

NURSE PRACTITIONERS and REGISTERED NURSES

For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

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.

Optional Thursday Workshop



Culinary Health Education Fundamentals (CHEF) Coaching – The Basics

Thursday • June 11, 8:00am - 5:05pm

7:00am	Registration and Coffee
8:00am	Introduction to Culinary Coaching: Improving Nutrition through Culinary Training Combined with Coaching Principles
8:30am	The Nutritional Science of Home Cooking: What and How Should My Patient Cook?
9:00am	Why Doesn't My Patient Cook? Recognizing and Making It Easier for Patients to Address the Reasons They Don't Embrace Healthier Cooking Practices
9:45am	Networking Break
10:15am	Practice! Practice Tools to Set Culinary Vision and Long-Term Culinary Goals
10:50am	Transition to General Session Room
10:55am	Culinary Tools to Mitigate Cardio-metabolic Risk Factors: Checklists for Shopping, Pantries, Kitchen Tools, and Utilizing Ingredients
11:30am	Implementing Culinary Coaching: Early Adopters' Experiences
11:45am	Cooking with Little Time or Budget: Kitchen Economies and Efficiencies to Make Healthier Kitchens More Accessible to More Patients
12:15pm	Break for lunch*
1:30pm	Implementing Culinary Coaching: Early Adopters' Experiences
1:45pm	Getting Patients (Even Reluctant or Unskilled Cooks) into the Kitchen: Motivational Interviewing and Coaching to Produce Healthier Kitchen Behaviors
2:15pm	Transition to Practice Sessions
2:20pm	Practice! Practice Tools to Set Culinary Vision and Long-Term Culinary Goals
3:05pm	Invigoration and Networking Break
3:35pm	Implementing Culinary Coaching: Early Adopters' Experiences
3:50pm	In-Office Culinary Education Tools and Delivery Strategies: Group Lectures, Individual Coaching, Hands-On Instruction, and Reimbursement Strategies
4:25pm	Mastering Culinary Health Education Fundamentals (CHEF) Coaching: How to Quickly and Effectively Help Patients Set and Achieve Realistic Culinary Goals
5:05pm	Pre-Course Adjourns

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.

Lifestyle Medicine 2020

Optional Thursday Workshop



Mastering the Principles of Motivational Interviewing

Thursday • June 11, 8:00am - 5:15pm

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.

7:00am	Registration and Coffee
8:00am	Welcome and Overview Joji Suzuki, MD
8:30am	Engaging: Overview, the Spirit of Motivational Interviewing, and OARS Skills <ul style="list-style-type: none"> • Open-ended questions • Affirmations • Reflections • Summaries Small Group Practice Abby Altman, PhD and Faculty
9:30am	Focusing <ul style="list-style-type: none"> • Agenda setting • Ask-tell-ask Small-Group Practice Claudia Rodriguez, MD and Faculty
10:15am	Coffee Break
10:30am	Evoking <ul style="list-style-type: none"> • Strengthening internal motivation • Change talk and sustain talk Small-Group Practice Susan Larabee, LICSW and Faculty
12:00pm	Break for lunch*
1:00pm	Discord <ul style="list-style-type: none"> • Rolling with resistance Small-Group Practice John Rodolico, PhD and Faculty
2:00pm	Planning <ul style="list-style-type: none"> • MI consistent action planning Small-Group Practice Claudia Rodriguez, MD and Faculty
2:45pm	Coffee Break
3:00pm	Bringing It Together <ul style="list-style-type: none"> • Live demonstration • Practice • Q & A
5:00pm	Wrap-Up
5:15pm	Pre-Course Adjourns

Friday, June 12

7:00am	Registration/Coffee
8:00am	The Fundamental Shift in Lifestyle Medicine: Moving from the Why to the How Edward M. Phillips, MD
8:30am	Special Keynote Presentation: Diet Is a Vital Sign David L. Katz, MD, MPH
9:30am	Coffee Break (Refreshments provided)
10:00am	2020 Perspectives on Clinician Self-Care: What It Is and Why It Matters Suzanne Koven, MD
10:45am	Run for Your Life! The Physical Activity Guidelines and Implications for Brain Health Charles Hillman, PhD, MS
11:45am	Break for lunch*
1:15pm	Special Keynote Presentation: Vitamins and Supplements JoAnn Manson, MD, DrPH
2:15pm	Health and Wellness Coaching in Day-to-Day Practice: Who, What, Why, When, and How Elizabeth P. Frates, MD
3:00pm	Coffee Break (Refreshments provided)
3:30pm	Obesity Medicine: Proven Strategies for Daily Practice Fatima Cody Stanford, MD, MPH, MPA
4:30pm	Sleep Problems: The Most Effective Lifestyle Medicine Interventions Eric Zhou, PhD
5:30pm	Break for dinner*
7:00pm	Networking Roundtables (optional) Join other participants in informal moderated discussions about selected topics in lifestyle medicine, such as coaching, starting your lifestyle medicine practice, and social media. Specific topics will be announced on site. (Roundtables not eligible for CME credit. No pre-registration required.)
9:00pm	Daily Program Ends



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.

**There are many convenient and varied eating options within a short walking distance of the course.*

Lifestyle Medicine 2020

Saturday, June 13

7:00am	Registration/Coffee	
8:00am	Culinary Medicine: What It Is and Why It's Gaining Such Rapid Adoption Rani Polak, MD, Chef, MBA	
8:30am	The Promise and Perils of Everyday Lifestyle Medicine Practice Tereza Hubkova, MD	
9:15am	Coffee Break (Refreshments provided)	
9:45am	Incorporating Basic and Advanced Lifestyle Medicine Principles into Your Practice Jacob Mirsky, MD, MA, Kimberly Parks, DO, and Jacqueline Spencer, MD	
11:00am	Special Keynote Presentation: Happiness and Its Impact on Patient and Provider Health: What the Data Now Tell Us Judith T. Moskowitz, PhD, MPH	
12:00pm	Break for lunch*	
1:30pm	Special Keynote Presentation: The Nutritional Reversal of Cardiovascular Disease Caldwell Esselstyn, Jr., MD	
2:30pm	Lifestyle Medicine for Underserved Populations Michelle McMacken, MD	
3:30pm	Coffee Break (Refreshments provided)	
4:00pm	Stress and Mindfulness Darshan Mehta, MD, MPH	
4:30pm	How to Teach Your Patients to Breathe in Under 10 Minutes Darshan Mehta, MD, MPH	
4:45pm	The Exercise Prescription: Getting Your Patients (and You) Moving Edward M. Phillips, MD	
5:00pm	The New Data on the Benefits of Resistance Training: Weight Loss, Function and Performance Edward M. Phillips, MD	
5:15pm	Transforming Knowledge into Action: The Road Ahead Edward M. Phillips, MD	
5:30pm	Course Adjourns	

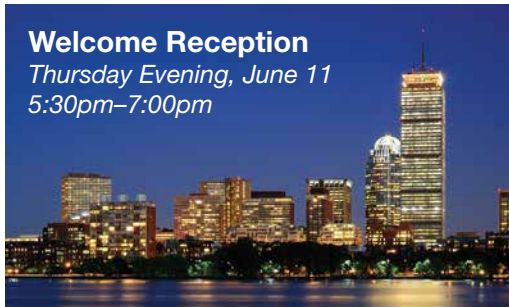
Sunday, June 14

Optional American Board of Lifestyle Medicine (ABLM) Certification Exam will be offered on site. Visit the ABLM website at <https://ablm.co> for details.

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 to adopt and sustain lifestyle behaviors that will improve their health and quality of life.

Welcome Reception

Thursday Evening, June 11
5:30pm–7:00pm



Venue

Renaissance Boston Waterfront Hotel

606 Congress Street
Boston, MA 02210
617-338-4111

ACCOMMODATIONS

Renaissance Boston Waterfront Hotel has reserved a block of discounted rooms for course participants.

Important to note:

- The number of discounted rooms is limited.
- Discounted rooms are available on a first-come, first-served basis.
- The discounted room rate is only available until **May 20, 2020**, or until the block sells out, which typically happens well in advance of this date.

To reserve your room:

- **Online:** To reserve your room online, please visit LifestyleMedicine.HMSCME.com/Venue—the Venue page of the course website—and use the dedicated reservation link.
- **By phone:** If you are calling the hotel rather than using the dedicated link to request a discounted room, please call 1-888-796-4664 and be sure to specify that you are enrolled in Lifestyle Medicine.



HARVARD MEDICAL SCHOOL

TOOLS for PROMOTING HEALTHY CHANGE

Lifestyle Medicine

June 12-13
2020
Boston, MA

Education and Tools to Start or Expand Your Use of Lifestyle Medicine

Treating obesity and nutritional counseling
Health and wellness coaching
Exercise prescription and physical activity promotion
Improving stress resiliency
Interventions for sleep problems
Lifestyle medicine for underserved populations
Advising patients on vitamins and supplements
Stress and mindfulness
Physical activity and brain health
Nutritional reversal of cardiovascular disease
Lifestyle medicine in the prevention and management of chronic diseases



This course has sold out the last five years. Early registration advised.



Register at LifestyleMedicine.HMSCME.com



HARVARD MEDICAL SCHOOL

Course #734233-2002

This course sold out the last five years.
To be assured a seat in the 2020 program,
early registration is strongly advised.

Tuition

Register on or
before
April 15, 2020

<p>Lifestyle Medicine: Tools for Promoting Healthy Change Friday and Saturday • June 12 – 13, 2020 <i>Your tuition includes a welcome reception on June 11, morning and afternoon coffee breaks, and online access to the complete syllabus.</i></p>	<p>\$795</p>	<p>\$695 (Save \$100)</p>
<p>Optional Workshops</p>		
<p>Clinicians in the Kitchen Wednesday, June 10, 2020 (choose one) 11:00am - 2:00pm OR 5:30pm – 8:30pm <i>Hosted at Cambridge School of Culinary Arts in Cambridge, MA. Transportation and lunch or dinner provided. Each session limited to 32 participants.</i></p>		<p>\$350</p>
<p>Mastering the Principles of Motivational Interviewing Thursday • June 11, 2020 Full-day skills development workshop. <i>Hosted at the Renaissance Boston Waterfront Hotel.</i></p>		<p>\$350</p>
<p>Culinary Health Education Fundamentals (CHEF) Coaching – The Basics Thursday • June 11, 2020 Full-day skills development workshop. <i>Hosted at the Renaissance Boston Waterfront Hotel.</i></p>		<p>\$350</p>

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 \$10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (draft on a United States bank) or by wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. Fees shown in USD.

Upon receipt of your paid registration, an email confirmation 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. **Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.** 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 course has started.

INQUIRIES

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

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.

Register at LifestyleMedicine.HMSCME.com