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

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 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, 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.

Who Attends
- 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
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.
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.

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.
### Friday, June 12

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:00am</td>
<td>Registration/Coffee</td>
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<tr>
<td>8:00am</td>
<td>The Fundamental Shift in Lifestyle Medicine: Moving from the Why to the How</td>
<td>Edward M. Phillips, MD</td>
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<tr>
<td>8:30am</td>
<td>Special Keynote Presentation: Diet Is a Vital Sign</td>
<td>David L. Katz, MD, MPH</td>
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<td>9:30am</td>
<td>Coffee Break (Refreshments provided)</td>
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<tr>
<td>10:00am</td>
<td>2020 Perspectives on Clinician Self-Care: What It Is and Why It Matters</td>
<td>Suzanne Koven, MD</td>
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<tr>
<td>10:45am</td>
<td>Run for Your Life! The Physical Activity Guidelines and Implications for Brain Health</td>
<td>Charles Hillman, PhD, MS</td>
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<tr>
<td>11:45am</td>
<td>Break for lunch*</td>
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<tr>
<td>1:15pm</td>
<td>Special Keynote Presentation: Vitamins and Supplements</td>
<td>JoAnn Manson, MD, DrPH</td>
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<tr>
<td>2:15pm</td>
<td>Health and Wellness Coaching in Day-to-Day Practice: Who, What, Why, When, and How</td>
<td>Elizabeth P. Frates, MD</td>
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<tr>
<td>3:00pm</td>
<td>Coffee Break (Refreshments provided)</td>
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<tr>
<td>3:30pm</td>
<td>Obesity Medicine: Proven Strategies for Daily Practice</td>
<td>Fatima Cody Stanford, MD, MPH, MPA</td>
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<tr>
<td>4:30pm</td>
<td>Sleep Problems: The Most Effective Lifestyle Medicine Interventions</td>
<td>Eric Zhou, PhD</td>
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<tr>
<td>5:30pm</td>
<td>Break for dinner*</td>
<td></td>
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<tr>
<td>7:00pm</td>
<td>Networking Roundtables (optional)</td>
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</tr>
<tr>
<td>9:00pm</td>
<td>Daily Program Ends</td>
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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.*
Welcome Reception  
Thursday Evening, June 11  
5:30pm–7:00pm

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.

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.

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 has sold out the last five years. Early registration to the 2020 program is strongly advised.
Treat 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
### Tuition

<table>
<thead>
<tr>
<th>Course #734233-2002</th>
<th>Registration, Payment, Confirmation, and Refund Policy</th>
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</thead>
<tbody>
<tr>
<td><strong>Lifestyle Medicine: Tools for Promoting Healthy Change</strong></td>
<td></td>
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<tr>
<td>Friday and Saturday • June 12 – 13, 2020</td>
<td>$795</td>
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<tr>
<td>Your tuition includes a welcome reception on June 11, morning and afternoon coffee breaks, and online access to the complete syllabus.</td>
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### Optional Workshops

| **Clinicians in the Kitchen** |
| Wednesday, June 10, 2020 (choose one) | 11:00am - 2:00pm OR 5:30pm – 8:30pm | $350 |
| Hosted at Cambridge School of Culinary Arts in Cambridge, MA. Transportation and lunch or dinner provided. Each session limited to 32 participants. |

| **Mastering the Principles of Motivational Interviewing** |
| Thursday • June 11, 2020 | Full-day skills development workshop. | $350 |
| Hosted at the Renaissance Boston Waterfront Hotel. |

| **Culinary Health Education Fundamentals (CHEF) Coaching – The Basics** |
| Thursday • June 11, 2020 | Full-day skills development workshop. | $350 |
| Hosted at the Renaissance Boston Waterfront Hotel. |

### 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.