



Changing the trajectory of *heart* disease.

Instructor

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■ COURSE DESCRIPTION

Lifestyle medicine is evidence-based, clinical care that supports behavior through person centered techniques to improve mental well-being, social connection, healthy eating, physical activity, sleep, and minimization of harmful substances and behaviors. It is a medical specialty that uses lifestyle change as a primary modality to treat chronic conditions. Lifestyle medicine focuses on the prevention and management of chronic diseases through lifestyle interventions, such as diet, exercise, sleep, stress management, and social support.

LEARNING OBJECTIVES OF THE COURSE

At the completion of this course, the participant will be able to:

1. Describe the philosophy and approach of *lifestyle medicine*
2. Describe the six pillars of *lifestyle medicine*
3. Discuss how *lifestyle medicine* is used to prevent chronic disease
4. Discuss how *lifestyle medicine* is used to treat chronic disease

Schedule: 1 day course (1.5 hours of instruction)

Time	Topic	Duration
6:00 PM	Introduction & Ice breaker	10 Mins
6:10 PM	Overview of Lifestyle Medicine	20 Mins
6:30 PM	Preventing Chronic Disease	20 Mins
6:50 PM	Treat Chronic Disease	20 Mins
7:10 PM	Quiz & Discussion	10 Mins
7:20 PM	Wrap up	10 Mins
7:30	Conclusion	