

Conference Schedule

“Transforming Health & Healthcare through Lifestyle Medicine”

Sunday, April 21st Pre Conference Workshops

Time	Events/Titles	Presenters/Coordinators	Room
8:00am~12:30 pm	Seoul Tour (full day)	Travel Agent	
9:00~9:30am	Registration	Korean Staff (Soojin Kim + 5)	Room A & B
9:30am~12:30 pm	Pre Conference Workshop 1A: Lifestyle Medicine Clinic: Assessment and Treatment Protocols	Wayne Dysinger, MD, MPH, FACLM	Room A
	Pre Conference Workshop 1B: Health Behavior Change and Coaching Communication in Lifestyle Medicine	Erika Jackson, VP of Training, School of WellCoach Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM	Room B
12:30~1:30pm	Lunch and Networking		
13:30~16:30p m	Pre Conference Workshop 2A: Implementing Lifestyle Medicine Group Visits Program	Wayne Dysinger, MD, MPH, FACLM Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM Amanda McKinney, MD, MPH, FACLM	Room A
	Pre Conference Workshop 2B: Improving patient care through Culinary Medicine and CHEF Coaching	Rani Polak, MD, MPH Euicheol Lee, MD	Room B
13:30~17:00p m	Seoul Tour (half day)	Travel Agent	
18:00~19:30 pm	Reception & Dinner Conference Opening Remarks Keynote 1: Lifestyle IS Medicine, Lifestyle AS Medicine	MC: Samuel Handsk, MD, DipIBLM Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM David Katz, MD, MPH, FACLM	Ballroom
19:30~21:00p m	Film: Game Changers	MC: Samuel Handsk, MD, DipIBLM	Ballroom

Monday, April 22nd Conference Day 1

7:00~8:00am	Breakfast and Networking		Hotel Restaurant
7:15~8:00am	Informational Session: Walk With Doc Program (Dr. David Sabgir)		Room A
	Informational Session: Professionals in Training (Students & Residents) (Dr. Beth Morris)		Room B
8:00~9:15am	Keynote 2: Lifestyle Medicine: The Global Imperative to Practice Differently Now	Wayne Dysinger, MD, MPH, FACLM	Ballroom
9:20~10:15am	Plenary: The Transformative Power of Lifestyle Medicine	Dean Ornish, MD, FACLM	Ballroom
10:15~10:30a m	Networking Break OR Stretching		Ballroom
10:35am - 11:35am	Plenary: Looking Back to Go Forward: Transforming Medical Education	Amanda McKinney, MD, MPH, FACLM	Ballroom
11:40am~12:40pm	Concurrent 2A: How a Hepatobiliary Surgeon can Get Involved in Lifestyle Medicine?	Irene Lo, MD, DipIBLM	Ballroom
	Concurrent 2B: Crafting Exercise Prescription for Special Medical Conditions	Mechelle Palma, MD, MMHA DipIBLM, FACLM	Room A
	Concurrent 2C:		Room B

	Tinnitus Rehabilitation Therapy through Positive Psychology	Youngmyung, Chun MD	
12:40~13:30pm	Lunch & Networking		Ballroom B
13:30~14:30pm	Keynote 3: Digital Delivery of Lifestyle Medicine and Preventive Medicine	David Katz, MD, MPH, FACLM	Ballroom
14:40~15:40pm	Plenary : Harnessing Positive Psychology in the Practice of Lifestyle Medicine	Liana Lianov, MD, MPH, FACLM	Ballroom
15:40 – 16:00pm	Networking Break OR Stretching		Ballroom
16:00 - 17:00pm	Concurrent 3A: Stress Resilience in Lifestyle Medicine Practice and Health Outcomes	Sivaneswaran Poobalasingam, MD, DipIBLM	Ballroom
	Concurrent 3B: Addiction Defined and Intervention through Lifestyle Medicine	James Wu, PhD, MPH, DipIBLM, FACLM	Room A
	Concurrent 3C: Sleep Hygiene in Lifestyle Medicine	Sangik, Jo, MD	Room B
17:30~18:30pm	5-Kilometer Run	Sheela Nambiar, MD, DipIBLM	Hotel Lobby
19:00~21:00pm	Dinner, Country Chapters Report, & Business Meeting	ASLM Officers & Members	Ballroom B
Tuesday, April 23rd Conference Day 2			
7:00~8:00am	Breakfast and Networking		Hotel Restaurant
7:15~8:00am	Informational Session: Lifestyle Medicine Pharmacists Working Group (Dr. Denise Fields)		Room A
	Informational Session: Community Engaged Lifestyle Medicine Working Group (Dr. Janani Krishnaswami)		Room B
8:00~9:15am	Keynote 4: Creating Ecosystems that Inspire, Enable and Sustain Healthy Lifestyle	Michael O'Donnel PhD, MBA, MPH	Ballroom
9:20~10:15am	Plenary: Lifestyle Medicine & Telomere Effect	Elissa Epel, PhD	Ballroom
10:15~10:30am	Networking Break OR Stretching		Ballroom
10:35~11:35am	Concurrent 4A: The Global Burden of Disease Visualization Hub as a Tool in Lifestyle Medicine Research, Teaching & Clinical Care	Herb Giebel, MD, MS, MPH, FASLM, FACLM	Room A
	Concurrent 4B: Understanding how Lifestyle Medicine is using Technology and how Technology is shaping Lifestyle as Medicine	Joe Raphael, DrPH, MBA, LMFT, FACLM	Room B
11:40am~12:40pm	Concurrent 5A: Spiritual Wellness in Lifestyle Medicine - why, what & how?	Samuel Handsk, MD, DipIBLM	Ballroom
	Concurrent 5B: The Health Risk of Loneliness and Social Isolation : What Science Knows and Doesn't Know	Tamami Shirai, PhD	Room A
	Concurrent 5C: Intimacy, Meaning, Spirituality, and Lifestyle Medicine in a MeToo World	Karen Holand, DrPH, PhD(c), DipIBLM	Room B
12:40~13:30pm	Lunch & Networking		
13:30~14:30pm	Keynote 5:	Marc Braman, MD, MPH, DipABLM, FACLM	Ballroom

	“Connection”: What Brings Lifestyle Medicine to Healthcare and Life – From the doctors office, to the hospital, to healthcare systems, and to every day life.		
14:35~15:35p m	Panel Discussion: Transformational Lifestyle Medicine Programs, Practices, and Systems in Practice.	Moderator: Michael O’Donnel PhD, MBA, MPH Panelists: Dexter Dexter Shurney MD, MBA, MPH, DipABLM, FACLM; Marc Braman MD, MPH, DipABLM, FACLM; Liana Lianov, MD, MPH, FACLM; Joe Raphael DrPH, MBA, LMFT, FACLM	Ballroom
15:35 - 15:50pm	Networking Break OR Stretching		
15:50 - 17:00pm	Concurrent 6A: Community-Based Lifestyle Medicine Service: The Rainbow Rules for Health and Longevity	Jacqueline Michael, MBBS, NFP MC, M.Med, DipIBLM	Ballroom
	Concurrent 6B: The Impact of Lifestyle Medicine on Diabetes through the Faith-based Center Approach	Czarina Mae Lumaque, RN, MSN, PhD	Room A
	Concurrent 6B: The Role of Pharmacists in Lifestyle Medicine	Choong Jae Lee, PhD	Room B
17:30~18:00p m	Pre-Banquet Networking and Auction Close		Ballroom Lobby
18:00~20:00p m	ASLM Awards Banquet, Music, & Gala Dinner Special Speech	MC: Johann Kim Manetz, MD, DipIBLM, FACLM Music: Simon Kyung Lee (Tenor) Guest Speakers: Alvaro Pascual – Leone, MD, PhD	Ballroom
Wednesday, April 24th Conference Day 3			
7:00~8:00am	Breakfast and Informational Session		Hotel Restauran t
7:15~8:00am	Informational Session: Getting Involved in ASLM’s Committees, Working Groups, and Task Forces		Ballroom
8:00~9:15am	Keynote 6: : Lessons from the Field: Injecting Lifestyle Medicine into the Corporate Workplace	Dexter Shurney, MD, MBA, MPH, DipABLM, FACLM	Ballroom
9:20~10:15am	Plenary: How Not To Die	Michael Greger, MD FACLM	Ballroom
10:15~10:30a m	Networking Break OR Stretching (Sheela Nambiar, MD, DipIBLM)		
10:30~11:30a m	Concurrent 7A: Lifestyle Medicine Education Collaborative (LMEd): Integrating LM into your teaching program	Edward Phillips, MD	Ballroom
	Concurrent 7B: Free Accredited Lifestyle Medicine Education -- including a free, globally-available Master’s in Public Health	Frank Erica, MD, MPH Lilach Malatskey, MD, MPH Ify Monye, MD	Room A
11:35am~12:3 5pm	Concurrent 8A: Intensive Therapeutic Lifestyle Change Programs and Healthcare Outcomes	Johann Kim Manetz, MD, DipIBLM, FACLM	Ballroom
	Concurrent 8B: Transforming health one small change at a time: The use of circular questioning to elicit curiosity about health behavior change in patients	Simon Matthews, DipIBLM FASLM	Room A
	Concurrent 8C:	Xin Ma, MD, PhD	Room B

	Lifestyle Medicine, the pathway to National Health Project 2030 of China		
12:35 PM	Closing Remark:	MC: Samuel Handsk, MD, DipIBLM Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM	Ballroom
Wednesday, April 24th Post Conference			
12:35~13:30pm	Lunch (For Post Conference Participants Only)		
13:00~14:00pm	International Board of Lifestyle Medicine (IBLM) Examination Orientation	Stephan Herzog	Ballroom
14:00~17:00pm	Post Conference Workshop 1A: Systems and Practices of Clinical Care: The Lifestyle Medicine Doctor's Bag	Marc Braman, MD, MPH, DipABLM, FACLM Joe Raphael, DrPH, MBA, LMFT, FACLM	Room A
	Post Conference Workshop 1B: Brain Health and Fitness	Alvaro Pascual – Leone, MD, PhD	Room B
13:00~19:00pm	Seoul Tour (half day)	Travel Agent	
Thursday, April 25th Post Conference			
7:30~8:00am	Board Exam Preparation		Ballroom
8:00am~12:00pm	IBLM Board Exam	Stephen Herzog	Ballroom
12:00~13:00pm	Lunch (For CHIP Participants Only)		
Part 1: 13:00~17:00pm	Complete Health Improvement Program (CHIP) Facilitator Training	Mechelle Palma, MD, MMHA, DipIBLM, FACLM + Johann Kim Manetz, MD, DipIBLM, FACLM ; Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM + Sunhwa Seon, PhD (Korean Language)	Rooms A & B
Friday, April 26th Post Conference (Cont.)			
Part 2: 8:00am~12:00p m	Complete Health Improvement Program (CHIP) Facilitator Training	Mechelle Palma, MD, MMHA, DipIBLM, FACLM + Johann Kim Manetz, MD, DipIBLM, FACLM ; Jenny Sunghyun Lee, PhD, MPH, DipIBLM, FACLM + Sunhwa Seon, PhD (Korean Language)	Rooms A & B

Biographies



Dean Ornish, MD, is the founder and president of the non-profit Preventive Medicine Research Institute and Clinical Professor of Medicine at the University of California, San Francisco and Clinical Professor of Medicine at the University of California, San Diego. He is the author of 6 books, all national bestsellers. Dr. Ornish was appointed by President Clinton to the White House Commission on Complementary and Alternative Medicine Policy and by President Obama to the White House Advisory Group on Prevention, Health Promotion, and Integrative and Public Health. He is also a member of The Lancet Oncology “Moonshot Commission.” He chaired the Google Health Advisory Council 2007-9 with Marissa Mayer. Dr. Ornish was the first to prove that comprehensive lifestyle changes can reverse the progression of coronary heart disease, early-stage prostate cancer, and other chronic conditions. He also found that changing lifestyle affects your genes—turning on protective genes and turning off genes that promote heart disease, type 2 diabetes, prostate cancer, breast cancer, and colon cancer. He also directed the first controlled study showing that these lifestyle changes may begin to reverse cellular aging by lengthening telomeres, the ends of our chromosomes which control aging. As the founder, his “Ornish diet” has been rated “#1 for Heart Health” by U.S. News & World Report every year since 2011. He has received several awards, including the 1994 Outstanding Young Alumnus Award from the University of Texas, Austin; the University of California, Berkeley, “National Public Health Hero” award; the Jan J. Kellermann Memorial Award for distinguished contribution in the field of cardiovascular disease prevention from the International Academy of Cardiology; a Presidential Citation from the American Psychological Association; the inaugural “Lifetime Achievement Award” from the American College of Lifestyle Medicine; the Beckmann Medal from the German Society for Prevention and Rehabilitation of Cardiovascular Diseases; a U.S. Surgeon General Citation; and others. Dr. Ornish was honored as “one of the 125 most extraordinary University of Texas alumni”, chosen by LIFE magazine as “one of the fifty most influential members of his generation” and recognized by Forbes magazine as “one of the world’s seven most powerful teachers.”



Dexter Shurney, MD, MBA, MPH is the Chief Medical Officer and Senior Vice President of Clinical Affairs for ipongo, the San Francisco-based digital health and wellness company that focuses on enabling healthy eating. Dr. Shurney is the former Chief Medical Director / Executive Director for Global Health Benefits and Corporate Wellness for Cummins, Inc. and previously the Chief Medical Director of the Employee Health Plan for Vanderbilt University and Medical Center. During his tenure at Vanderbilt he also held joint faculty appointments as Assistant Clinical Professor, Division of Internal Medicine and Public Health, and Adjunct Faculty, Owens Graduate School of Management. Dr. Shurney serves on numerous boards including: the American College of Lifestyle Medicine (ACLM) where he is President-elect, the American Board of Lifestyle Medicine (ABLM), and the National Association of Managed Care Physicians (NAMCP). Dr. Shurney is co-author of the book “Integrating Wellness into Your Disease Management Programs” which is a “how- to” strategic guide for employers that wish to innovate their approach to chronic condition management. Dr. Shurney is board-certified in general preventive medicine and public health. He is a fellow in the American College of Lifestyle Medicine.



Marc Braman, MD, MPH, wants to increase health and happiness for many by helping to revolutionize healthcare. He spent the major portion of his career from 2007-2013 building the national professional association for Lifestyle Medicine -- the American College of Lifestyle Medicine. He was its second President and first Executive Director. Under his leadership the association put lifestyle medicine on the professional map with national conferences, collaborations with other professional organizations, and education and professional development for physicians and other practitioners. Initial efforts toward establishing professional standards led to collaboration with the American College of Preventive Medicine, eventually culminating in the first ever publication in JAMA on lifestyle medicine as the product of a blue-ribbon panel of representatives from multiple specialty societies recommending competencies for all physicians in prescribing Lifestyle Medicine (Lianov, Johnson, JAMA, July 14, 2010). Dr. Braman continues to be involved in teaching these competencies as the foundation for Board Certification in Lifestyle Medicine. Dr. Braman is all about finding the levers for positive change. As such, he is President of the Lifestyle Medicine Foundation where one of the main projects is creating the practical patient-centric resources for lifestyle medicine in the next generation of health care. He saw a large need and has established a company, Lifestyle Medicine Pro, for supporting healthcare professionals and systems in implementing Lifestyle Medicine successfully operationally as well as clinically. He has been creating and developing the fundamental systems for clinical Lifestyle Medicine practice that he will be teaching how to use in the post-conference workshop. Has also continues to practice clinical lifestyle medicine in his own fitness-center based practice, that he uses as a laboratory for developing the resources for Lifestyle Medicine practice. Lifestyle medicine has been one of the large missing pieces for building healthcare as it could and should be. The other big missing piece, per Dr. Braman, is patients. Society, and how healthcare works and is delivered, is radically changing. Understanding and building a truly patient-centric healthcare system requires patients to be represented and have a voice, so Dr. Braman has established a non-profit organization to become the organization that represents and speaks for patients. Patients directing healthcare, combined with “treat the cause” systems will be a powerful combination for transformation and helping many “find the joy of living well.”