

Day 1 – Thursday, October 27		CME Credit
6:30am -7:30am	Breakfast	
7:30 am – 7:45 am	Welcome and Announcements	
7:45 am – 8:30 am	Overview of Lifestyle Medicine – Brenda Rea, MD, DrPH, PT, RD, FACLM, DipABLM	.75
8:30 am – 9:15 am	Case Study Personas - Beth Polk, MD, FAAFP, DipABLM, RYT-500	.75
9:15 am – 9:45 am	Patient Engagement - Amy Mechley, MD, FAAFP, DipABFM, DipABLM and Ruth Morley, Patient Engagement Faculty	.5
9:45 am – 10:00 am	Break	
10:00 am – 10:15am	Get to Know Your Small Group	
10:15 am – 11:15am	Health Coach Approach - Erika Jackson, MCC, NBC-HWC	1
11:15 am - 12:15 pm	Health Coach PBL 1 - All faculty	1
12:15 pm - 1:45 pm	Lunch Break	
1:45 pm - 2:30 pm	Pillar 1 – Nutrition Part 1 - Anthony Lim, MD	.75
2:30 pm - 3:30 pm	Nutrition PBL 1- All faculty	1
3:30 pm – 4:15 pm	Pillar 1 – Nutrition Part 2 - Anthony Lim, MD	.75
4:15 pm – 5:15 pm	Nutrition PBL 2 - All Faculty	1
5:15 pm - 5:45 pm	T2P Reflection Panel - All Faculty	.50
5:45 pm	Adjourn	

Day 2 – Friday, October 28		CME Credit
6:30am -7:30am	Breakfast	
7:40 am – 7:45 am	Announcements	
7:45am – 8:30 am	Pillar 3 - Sleep - David Donohue, MD, FACP, FACLM	.75
8:30 am – 9:00 am	Pillar 4 – Substance Abuse - David Donohue, MD, FACP, FACLM	.5
9:00 am – 10:00 am	Substance Use and Sleep PBL 4 - All Faculty	1
10:00 am – 10:15 am	Break	
10:30 am – 11:30am	Pillar 5 - Stress - Meagan Grega, MD, FACLM, DipABLM	.75
11:30 am – 1:00 pm	Lunch Break	
1:00 pm – 2:00 pm	Pillar 6 - Connectedness - Erika Jackson, MCC, NBC-HWC	1
2:00 pm – 3:00 pm	Connectedness and Stress PBL 5 - All Faculty	1
3:00 pm – 3:15 pm	Break	
3:15pm – 4:00pm	Pillar 2 – Movement - Meagan L. Grega, MD, FACLM, DipABLM	.75
4:00pm – 5:00 pm	Movement PBL 3 - All Faculty	1
5:00 pm – 5:30 pm	T2P Reflection Panel - All Faculty	.5
5:30 pm	ADJOURN	

Day 3 – Saturday, October 29

6:30am -7:30am	Breakfast	
7:40 am – 7:45 am	Announcements	
7:45am – 8:30 am	Case Based Presentations; Real Life Lifestyle Medicine in Action- Beth Polk, MD, FAAFP, DipABLM, RYT-500 and Amy Mechley, MD, FAAFP, DipABFM, DipABLM	
8:30 am – 9:15 am	Tool Box Application – Review of Tools, How to, Options for Group Visit, ITLC, Initial Billing 101 - Beth Polk, MD, FAAFP, DipABLM, RYT-500 and Amy Mechley, MD, FAAFP, DipABFM, DipABLM	.75
9:15 am – 9:45am	Small Group Discussions – Plan for Patient Case Study	.75
9:45am – 10:00 am	Break	.5
10:00 am – 11:00 am	Case Study Personas Recap: Part 1	
11:00 am – 12:00pm	Case Study Personas Recap: Part 2	1
12:00 pm – 12:15 pm	Course Wrap Up	1
12:15 pm – 1:45 pm	Lunch Break	

Optional Workshops

12:15 pm – 1:45 pm	Culinary Workshop: Walk the Walk, Talk the Talk, and Heal Thyself	1.5
2:00 pm – 4:00 pm	Payment for Lifestyle Medicine Workshop – Meagan L. Grega, MD, FACLM, DipABLM	2
2:00 pm – 5:00pm	Health Coaching and Motivational Interviewing Workshop - Erika Jackson, MCC, NBC-HWC	3
5:00 pm	ADJOURN	