



**HARVARD**  
MEDICAL SCHOOL

This program is among the highest-rated  
Harvard Medical School CME courses

*Tools for Promoting Healthy Change*

# Lifestyle Medicine

**2015**

**June 26–27  
Boston, MA**

Evidence-based strategies, tools and techniques to effect healthier changes in patients  
(and ourselves), including: diet, exercise, sleep, weight loss and stress management

*Advance your:*

- Knowledge
- Skills
- Patient outcomes
- Self-care
- Medical practice

*Earn up to 21 AMA PRA Category 1 Credits™*

**FITNESS  
WEIGHT  
HEALTH  
EXERCISE**

**Register at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com)**

Course Director: Edward M. Phillips, MD; Founder and Director of  
the Institute of Lifestyle Medicine (ILM), Department of Physical  
Medicine and Rehabilitation at Harvard Medical School





# 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 adequately 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 2015.

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, two-day experience, 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 Phillips, MD**

*Founder and Director,  
Institute of Lifestyle Medicine in the Department of Physical  
Medicine and Rehabilitation at Harvard Medical School*

## Who attends

- Physicians
- Nurse practitioners
- Physician assistants
- Registered nurses
- Fitness, nutrition, and wellness professionals
- Healthcare executives
- Health coaches
- Exercise physiologists
- Physical and occupational therapists
- Psychologists
- Social workers
- Residents
- Fellows

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# Overview

## Lifestyle Medicine

Lifestyle Medicine not only prevents disease, but is integral to the *treatment* of many noncommunicable chronic diseases:

- Type-2 diabetes
- Hypertension
- Cardiovascular disease
- Stroke
- High cholesterol
- Many cancers, including breast and colon
- Depression
- Anxiety
- Osteoarthritis
- Sexual health issues

## COURSE DESCRIPTION

According to the World Health Organization, by 2020, two-thirds of all disease worldwide will 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 into patient care, providing the newest science of nutrition, physical activity, and stress 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.
- More effectively and efficiently counsel patients on the importance of lifestyle changes.
- Develop strategies to encourage patients to make and meet their new lifestyle goals.

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## COURSE DIRECTORS

### Edward M. Phillips, MD

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Director of the Institute of Lifestyle Medicine (ILM) at the Joslin Diabetes Center. In his work at the ILM he has directed 14 live CME programs, starting in India in 2006 and continuing with twice-yearly courses sponsored by the Harvard Medical School Department of Continuing Education. He oversees a suite of 7 online CME modules in Lifestyle Medicine completed by over 9,000 clinicians from 115 countries.

### Elizabeth Pegg Frates, MD

Elizabeth Pegg Frates, MD is the Founder and Director of Wellness Synergy, LLC, and Director of Medical Student Education at the Institute of Lifestyle Medicine. She is co-author of *Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke* and of the online Harvard Medical School CME courses, "Lifestyle Medicine: The Exercise Prescription" and "Lifestyle Medicine: Metabolic Syndrome and Nutrition." An Assistant Professor, part-time in the Department of Physical Medicine and Rehabilitation at Harvard Medical School, Dr. Frates is a trained and certified wellness coach who works with both patients and physicians to achieve optimum levels of wellness.

Register at [LifestyleMedicine.HMSCME.com](https://LifestyleMedicine.HMSCME.com)



# HARVARD MEDICAL SCHOOL

## Harvard Medical School Faculty

**Cheri Blauwet, MD**

Instructor in Physical Medicine and Rehabilitation

**Elizabeth P. Frates, MD**

Assistant Professor Part-time of Physical Medicine and Rehabilitation

**Sat Bir S. Khalsa, PhD**

Assistant Professor of Medicine

**Darshan Mehta, MD**

Instructor in Medicine

**Edward M. Phillips, MD**

Assistant Professor of Physical Medicine and Rehabilitation

**Rachele Pojednic, PhD**

Research Fellow in Physical Medicine and Rehabilitation

**Rani Polak, MD**

Research Fellow in Physical Medicine and Rehabilitation

**Fatima Cody Stanford, MD, MPH**

Research Fellow in Medicine

**Joji Suzuki, MD**

Assistant Professor of Psychiatry

**Cary Wing, EdD**

Consultant to the Institute of Lifestyle Medicine, Joslin Diabetes Center

## Special Keynote Speaker

**David L. Katz, MD, MPH, FACPM, FACP**

President, American College of Lifestyle Medicine

Founding Director, Yale University Prevention Research Center

Founder & President, Turn the Tide Foundation, Inc.

Editor-in-Chief, *Childhood Obesity Journal*

## Featured Guest Speakers

**Steven Adelman, MD**

Director of Physician Health Services, Massachusetts

Medical Society

**Caroline M. Apovian, MD**

Professor of Medicine, Boston University School of Medicine

**Nancy M. Enos, FACMPE, CPMA, CPC-I, CEMC**

AAPC Certified ICD-10-CM Instructor, Enos Medical Coding

**Kriston Kent, MD, MPH**

Founder and Director of Kent Center for Life

**Ruth Wolever, PhD**

Assistant Professor, Department of Psychiatry & Behavioral

Sciences, Duke Medical School

## Accreditation

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of *17 AMA PRA Category 1 Credits™*.

The Harvard Medical School designates this enduring material for a maximum of *4 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Explanation of Credit Award:** Earn up to *17 AMA PRA Category 1 Credits™* through participation in the “live” (on-site in Boston) course, *Lifestyle Medicine 2015*, and an additional 4 “enduring” (online) credits through your optional participation in the online *Lifestyle Medicine for Weight Management* course.

The following course has been approved by The American Council on Exercise:

Course Name: *Lifestyle Medicine 2015: Tools for Promoting Healthy Change*

Course Number: CEP83997

CECs: 1.3

**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.

*AMA PRA Category 1 Credits™* claimed by physicians attending live events certified and organized in the United States for *AMA PRA Category 1 Credits™* can be claimed through the agreement on mutual recognition of credits between UEMS and AMA, considered as being equal to the **European Continuous Medical Education Credits (ECMEC®)** granted by the UEMS. One *AMA PRA Category 1 Credit™* is equivalent to one (1) hour of European EACCME Credit (ECMEC®), therefore up to 17.00 ECMEC® Credits are available. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

## ACGME Competencies

This course is designed to meet the following Accreditation Council of Graduate Medical Education competencies: patient care, medical knowledge, practice-based learning and improvement, interpersonal and communication skills, professionalism, and systems-based practice.

# Register at [LifestyleMedicine.HMSCME.com](https://LifestyleMedicine.HMSCME.com)

# Lifestyle Medicine 2015

## Reasons to Attend in 2015

You will improve your skills for:

- Addressing patient challenges with sleep, stress resiliency and weight loss
- Patient communication and motivational interviewing
- Building an effective lifestyle medicine team
- Exercise prescription
- Nutrition counseling
- Billing and coding for your lifestyle medicine efforts
- Incorporating lifestyle medicine into your current practice
- Engaging resistant patients

You will have the opportunity to:

- Hear directly from the national leaders at the forefront of lifestyle medicine and healthcare reform
- See how your counterparts have changed their personal and professional practices
- Network with like-minded health professionals seeking to promote lifestyle medicine as their practice pattern

*Program changes/substitutions may be made without notice.*

## Disclosure Policy

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

## Friday, June 26, 2015

7:00–7:45	<b>Registration/Continental Breakfast</b>
7:15–7:45	<b>Meet and Greet</b>
7:45–8:00	<b>The Four Pillars of Lifestyle Medicine: Knowledge, Skills, Tools and Self-Care</b> Edward M. Phillips, MD
8:00–9:00	<b>Lifestyle Medicine: <i>True</i> Healthcare Reform</b> David L. Katz, MD, MPH, FACPM, FACP
9:00–10:00	<b>Self-Care: What It Is and Why It Matters</b> Steven Adelman, MD
10:00–10:15	<b>Meditation break (optional)</b> Darshan Mehta, MD
10:15–11:15	<b>Stress Management</b> Darshan Mehta, MD
11:15–12:15	<b>Weight Loss</b> Caroline M. Apovian, MD
12:15–1:15	<b>Lunch</b> ( <i>on your own</i> ) or <b>12:45–1:30 pm</b> <b>Optional Lunch-and-Learn Forum:</b> <b>Social Media as a Tool for Practicing Lifestyle Medicine</b> Cary Wing, EdD
1:15–2:15	<b>Nutrition Counseling: The Novel Approaches That Work and the Missteps That Don't</b> Rachele Pojednic, PhD
2:15–2:45	<b>Knowledge, Skills and Tools from an International Physician Chef (includes under-10-minute recipes for you and your patients)</b> Rani Polak, MD
2:45–3:00	<b>Invigoration break</b> (optional)
3:00–4:00	<b>Exercise Prescription</b> Edward M. Phillips, MD
4:00–5:00	<b>Interactive Workshops</b> <b>Cementing Your Lifestyle Medicine Goals: Professional and Personal</b> See description on right.

Register at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com)

# Lifestyle Medicine 2015

## Saturday, June 27, 2015

- 7:00–7:45 **Registration/Continental Breakfast**
- 7:15–7:45 **Meet and Greet**
- 7:45–8:45 **Health Coaching: It's Not "Eat Less; Exercise More"**  
Ruth Wolever, PhD
- 8:45–10:15 **The Lifestyle Medicine Dream Team:**
- **Physician**  
Kriston Kent, MD, MPH
  - **Social Worker**  
Karen Lane, LICSW
  - **Exercise Physiologist**  
Cedric Bryant, PhD
  - **Health Coach**  
Heidi Duskey, MA
  - **Dietitian**  
Debra Wein, MS, RDN, LDN,  
NSCA-CPT\*D, CWPD
- 10:15–10:30 **Meditation Break**
- 10:30–11:45 *Practitioner-to-Practitioner*  
**Lessons Learned and Successes Earned by Early Adopters**  
Amira Aly, MD; Barbara Brown, MD; Karen M. Sheritt, MD; Karyn Bender, RPh, CHHC; Krutika Parasar, SciB; Larry Schmidt, MD; Lilach Malatskey, MD, MHA; Lynn Kossow, MD; Rebecca Brown, MD; and Reza Antoszewski, NP-C
- 11:45–12:45 **Lunch (on your own)**  
or  
**12:15–1:00 pm**  
**Optional Lunch-and-Learn Forum: Billing and Coding for Lifestyle Medicine**  
Nancy M. Enos, FACMPE, CPMA, CPC-I, CEMC
- 12:45–1:45 **Motivational Interviewing: The Evidence-Based Strategies That Produce the Best Results**  
Joji Suzuki, MD
- 1:45–2:45 **Sleep**  
Sat Bir Singh Khalsa, PhD
- 2:45–3:00 **Invigoration break (optional)**
- 3:00–4:00 **Obesity and Sleep**  
Fatima Cody Stanford, MD, MPH
- 4:00–5:00 **What Really Gets Patients (Even Reluctant Ones) to Effect Healthy Change**  
Cheri Blauwet, MD

## Interactive Workshops

### Cementing Your Lifestyle Medicine Goals: Professional and Personal

These special, highly interactive workshops, included with your tuition, help you establish realistic and workable goals for Lifestyle Medicine and provide tips from experienced practitioners and peers for meeting them. Workshops include:

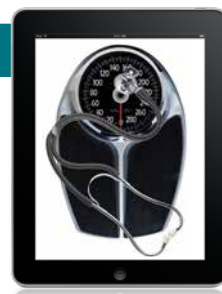
- Weight Loss
- Stress Management
- Exercise
- Practice Change
- Sleep

Prior registration is not required. You will have the opportunity to choose your workshop on site.

*Under the direction of Elizabeth P. Frates, MD*

### Take-Home Tool

Tuition for this two-day course includes free registration to the online Harvard Medical School course:



### ► Lifestyle Medicine for Weight Management

This bonus online course, an \$80 value, provides an additional 4 AMA PRA Category 1 Credits™.

Register at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com)



# REGISTRATION INFORMATION

Course #3524233

**Register at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com)**

Course Tuition*	Register after May 15, 2015	Register on or before May 15, 2015
<b>Physicians</b>	\$640	<b>\$590</b> (Save \$50)
<b>Trainees/Allied Health Professionals</b>	\$490	<b>\$440</b> (Save \$50)
<b>Optional Lunch-and-Learn Workshops</b> (Lunch will be provided)		
<i>Friday afternoon, June 26, 12:45–1:30pm</i> <b>Social Media as a Tool for Practicing Lifestyle Medicine</b>		\$50
<i>Saturday afternoon, June 27, 12:15–1:00pm</i> <b>Billing and Coding for Lifestyle Medicine</b>		\$50

\* Lifestyle Medicine 2015 tuition includes free registration to the online Harvard Medical School course, “Lifestyle Medicine for Weight Management.” This bonus online course, an \$80 value, provides an additional 4 AMA PRA Category 1 Credits™.

## TUITION PAYMENT, CONFIRMATION, and REFUND POLICY

Payment via credit card (VISA, MasterCard, or American Express) or check only. Telephone, fax, and cash payment registrations are not accepted. Upon receipt of your paid registration, an email confirmation from the HMS DCE office 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 distribution, and certificate delivery.

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 postal mail, email, or fax. 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 conference has started.

## VENUE

The Fairmont Copley Plaza Hotel  
138 St. James Avenue  
Boston, Massachusetts  
+1 617-267-5300



## ACCOMMODATIONS and TRAVEL

A limited number of rooms have been reserved at the Fairmont Copley Plaza Hotel until May 30, 2015. When calling the hotel at 1-866-540-4417 (toll free) or at 617-267-5300, please be sure to specify that you would like a room in the Joslin Diabetes Center room block to receive a reduced room rate. Hotel arrangements can also be made online by visiting the course website at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com).

**Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.**

## INQUIRIES

Call 617-384-8600 Monday – Friday, 9am – 5pm EST. Send email to [HMS-CME@hms.harvard.edu](mailto:HMS-CME@hms.harvard.edu)