

TIME	TOPIC	SPEAKER
8.00 - 8.45 am	Keynote Lecture	
	Lifestyle as Medicine From Being Different To Making A Difference	Dr. David L Katz Founder, Yale University's Yale Griffin Prevention Research Center, President and Founder, True Health Initiative
8.45 - 9.30 am	Lifestyle Medicine Assessment and Treatment Protocols	Dr. Wayne Dysinger Chair, American Board of Lifestyle Medicine and International Board of Lifestyle Medicine
	Opening Ceremony	
9.30 - 9.40 am	National Anthem	
9.40 - 9.55 am	Welcome Address	Dr Sivaneswaran Poobalasingam Founder And President Malaysian Society of Lifestyle Medicine
9.55 - 10.15 am	Inauguration and Keynote Address	YB Khairy Jamaluddin Minister of Health Ministry of Health, Malaysia
10.15 - 10.45 am	Tea Break	
10.45 - 11.30 am	Behaviour Change and Health Coaching to Improve Health Outcomes	Dr. Elizabeth Frates President Elect, American College of Lifestyle Medicine
11.30 am - 12.15 pm	Global LM Framework and the Why and How of Certification	Mr Stephen Herzog Executive Director, American and International Boards of Lifestyle
12.15 - 1.00 pm	Stress Resilience and Mindfulness	Dr Sivaneswaran Poobalasingam Founder And President Malaysian Society of Lifestyle Medicine
1.00 - 2.00 pm	Lunch and Networking Break	
2.00 - 2.45 pm	History of Lifestyle Medicine	Assoc Prof. Darren Morton Course Convenor for Postgraduate Studies in Lifestyle Medicine at Avondale
2.45 - 3.30 pm	Exercise Medicine and Non-Communicable Diseases	Dr. Lee Chee Peng CEO of Asia College of Exercise and Sports Medicine
3.30 - 4.00 pm	Zumba	Posh Fazlin
4.00 - 4.30 pm	Tea Break	
4.30 - 5.15 pm	Lifestyle Medicine for Substance Abuse	Dr Johan Manez Executive Director, Asian Lifestyle Medicine Council
5.15 - 6.00 pm	Sleep Medicine	Dr Lawaniah Sandran Lifestyle Medicine Physician

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8.00 - 8.45 am	Keynote Lecture	
	Lifestyle Medicine And The Syndemic Of Chronic Disease Gaia's Disease And Infectious Pandemic	Prof Garry Egger Adjunct Professor, Health Sciences, Southern Cross University, Vice President, Australasian Society for Lifestyle Medicine (ASLM)
8.45 - 9.30 am	Lifestyle Medicine Education	Dr. Edward M Phillips Director, Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School
9.30 - 10.15 am	The Role of Positive Psychology in Lifestyle Medicine	Dr Liana Lianov President ,Global Positive Health Institute
10.15 - 10.45 am	Tea Break	
10.45 - 11.30 am	Disease Reversal with a Plant Based Diet	Dr Michael Klaper Moving Medicine Forward
11.30 am - 12.15 pm	Planetary Health, Climate Change And Lifestyle Medicine	Dr Amanda McKinney, Executive Director, Institute for Human and Planetary Health
12.15 - 1.00 pm	Get Cooking: Tele-Nutrition For Managing Obesity And Metabolic Disease	Dr Rani Polak, Director, CHEF Coaching Program, Spaulding Rehabilitation Hospital
1.00 - 2.00 pm	Lunch and Networking Break	
2.00 - 2.45 pm	Where Does Equity, Justice And Sustainability Fit in Lifestyle Medicine	Mr Stephen Penman Executive Director, Australasian Society Of Lifestyle Medicine
2.45 - 3.30 pm	Nutrition Prescription	Dr Mechelle Palma President, Philippine College of LM
3.30 - 4.00 pm	Mindfulness Break	Ms Nisha Lakshmanan Yoga Therapist, Amrita Integrative and Lifestyle Medicine Centre
4.00 - 4.30 pm	Tea Break	
4.30 - 5.15 pm	Exercise Prescription	Dr Sheila Nambiar President, Indian Society of Lifestyle Medicine
	Closing Ceremony	
5.15 - 5.30pm	Special Address	Dr Rob Lawson Chairman World Council of Lifestyle Medicine
5.30 - 5.45pm	Closing Address	Dr Sivaneswaran Poobalasingam Founder And President Malaysian Society of Lifestyle Medicine