



October 27 - 30, 2024 | Rosen Shingle Creek Resort | Orlando, FL

The continuing education (CME/CEU) components of LM2024 are composed of Keynote Presentations, Concurrent Sessions and Pre- and Post-Conference Workshops.

This LM2024 Call for Proposals (CFP) is for CONCURRENT SESSIONS

Submissions for one-hour sessions will be designated within four tracks and must be completed within the LM2024 online portal no later than 11:59PM EST on March 1, 2024.

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TIMELINE/DEADLINES

To help you plan accordingly during the proposal process, please make note of the overall timeline below:

- Call for Proposals Opens: Mid-January 2024
- Call for Proposals Deadline: March 1, 2024
- Signed CME Disclosures and Current CVs for all Speakers and Co-Speakers Due with Submission March 1, 2024
- Selected Speaker Invitations: Mid-April, 2024
- Accepted Speakers Gain Access to Speaker Portal: Mid-April 2024
- Deadline for Final Presentation Descriptions and Learning Objectives is April 30, 2024
- Deadline for Presentation Slide Uploads is September 15, 2024
- Save the Conference Dates: October 27 – October 30, 2024

IMPORTANT RULES OF ENGAGEMENT AND SPEAKER EXPECTATIONS

- Submissions are limited to two speakers unless otherwise approved by the ACLM Conference Planning Committee.
- Limit to one engagement. ACLM seeks to ensure diversity of thought, and each speaker will be limited to presenting or co-presenting one session only. Be cautious about how many proposals you are included in as a speaker or point of contact (POC).
- All proposals must be submitted using the online form, no exceptions. Think quality over quantity. You can submit up to two (2) proposals. Upon submitting a proposal, you as the point of contact (POC) will receive an automatic confirmation for your records if it is submitted successfully.
- DO NOT include any reference to your name in the session title, description, or learning objectives. Only provide speaker information when asked for those details like name, bio, speaking history.
- All accepted speakers must adhere to published deadlines. You must be committed and responsive to working with ACLM to deliver exceptional service by adhering to deadlines, to include submitting program materials not less than one (1) month prior to the start of the conference for review/approval of CME and inclusion in the conference app and website.
- All accepted speakers must observe intellectual property rights. Speakers must ensure that information, illustrations, images contained in presentations, related materials or visual aids shall be factual and not misleading and will not violate the intellectual property or copyrights of any third party. Written documentation of ownership or permission must be provided upon request and is required for all video and television/film related imagery.
- Any video recordings of presentations will be the property of ACLM. Recordings of presentations will not be provided to speakers.
- All accepted speakers must register for the conference and are responsible for all individual travel expenses and accommodations. A discounted speaker rate will be provided. Upon acceptance you will receive more information. In the event of exceptions (ie: exhibiting staff), registration may be handled differently.

SUBMISSION GUIDELINES

This is not your average conference, but one of the most dynamic events of the year where passionate, purpose driven individuals gather together to change the way we approach health care in a powerfully energetic environment that includes unmatched educational and networking experiences. Participants may come for CME/CEU, but that is not all they get! This life changing interdisciplinary conference encourages engagement with others in the medical and healthcare industries for formal, informal and experiential opportunities that advance career and professional development, individual productivity, personal wellbeing and organizational effectiveness. Of note, the conference is accessible to attendees through both in person and live virtual options during the conference, with access to recorded sessions continuing for one full year post-conference.

LM2024 celebrates the 20th Anniversary of ACLM! Not only are we celebrating the history of the organization, but also the exciting future of lifestyle medicine. Presentations educate, equip and empower a galvanized force of change agents, including physicians, allied health professionals and health care executives. We understand lifestyle medicine to be the necessary foundation for optimal health, accessible to all people, and by extension contributing to the health of our planet. Prioritizing “health” in health care becomes possible through a lifestyle medicine approach.

To deliver on this positive learning experience, ACLM seeks conference proposals that reflect sound adult learning principles and reflect the best thinking in the field, informed by theory, research, and practice. Proposal authors should consider the following when designing their proposals, intent upon delivering exceptional learning experiences.

AUDIENCE:

- Presentation content appeals to a diverse blend of domestic and international attendees ranging from trainees to experienced professionals including physicians, allied health professionals, executives, and others

CONTENT:

- Innovative, cutting-edge material that aligns with the [published competencies for lifestyle medicine practitioners](#) and empowers participants to integrate lifestyle medicine into both their professional and personal spheres
- Follows evidence-based practice guidelines: [ACLM Standards for Citations and Guidelines](#)
- Approaches topics in an inclusive, person-centered manner [AMA Style Guide](#)
- Supports clinical or business cases with research or data
- Contains content that encourages advancement of the field
- Is in accordance with the ethical principles, practices and [definition of lifestyle medicine as defined by ACLM](#)
- Explores issues important to a diverse audience of healthcare professionals and practice types
- Challenges attendees to think of new solutions in lifestyle medicine
- [Standards for Integrity and Independence in Accredited Continuing Education | ACCME](#)

DESIGN & FORMAT:

- Didactic Lecture: Presentation delivered by 1 or 2 individuals.
- Use methods that draw out relevant past knowledge and experiences while facilitating knowledge transfer and development of new competencies.
- Case Studies: Clinical examples illustrating the use of lifestyle medicine presented in a case-based format that may include demographics, history, laboratory and imaging studies, pharmaceutical and lifestyle prescriptions, assessments, plans and outcomes.
- Demonstrate relevance of lessons through “real-life” case studies.
- Interactive Learning: Session is designed with activities intended for audience participation during the allotted time to stimulate and provoke discussion, audience engagement, and outcome-focused design.
- Panel discussion: A moderator engages a panel (limit 3) in a structured discussion Concurrent Sessions limited to 60 minutes, including time for Q&A. A session moderator will be assigned by ACLM.
- Equipment supporting slideshows is available for each presentation. Sessions are live streamed during the conference and recorded

INSTRUCTIONS:

- **Proposal Submission:** Proposals are accepted only through the online form, no exceptions, at www.lmconference.org
 - A sample proposal is provided at the end of this document to use as an example.
 - One individual must be designated as the primary point of contact (POC) Each POC is limited to two (2) proposal submissions.
 - Automatic confirmation will notify POC of successful material submission.
- **Speakers:** Proposals must include the name(s) and required biographical information for each speaker.
 - For proposals with more than one speaker, ACLM will communicate only with the POC. The POC is responsible for communicating with co-speakers or panelists regarding notifications, deadlines and any other necessary shared information.
 - Speakers for concurrent sessions are limited to one individual or co-led session per annual conference. ***This does not include Workshops***
 - Concurrent session presentations will be limited to two speakers unless expressly approved by ACLM. Panel sessions should be limited to a maximum of three speakers plus one moderator. All proposed speakers must be listed. Intentionality is critical in providing a quality learning experience, including the expertise of instructors.
 - Proposed speakers will be reviewed by the Conference Planning Committee prior to acceptance, which will include a limit on the total number of speakers per session.

- In order to complete the submission process, each proposed speaker will be required to complete their individual profiles which will include uploading their current CV/Resume and uploading their signed LM2024CME Disclosure Form provided as a download in each individual profile. As the submitter, the option to send invite links to co-speakers to sign in to complete their profile and upload their required documents will be available.
- In order to complete the submission process, the primary point of contact (POC) will be required to upload a sample video to showcase their speaking talents. This video must be between two and four minutes in length maximum and acceptable video formats include .mov, .mp4, or .avi. This video will serve as an invaluable tool for the Conference Planning Committee to better understand your presentation style, delivery, and ability to engage an audience.
- **Language:**
 - Submissions must be in English.
 - Use clear, error-free, equitable language conforming to principles outlined in the AMA document [Advancing Health Equity](#), with attention to appropriate DEI & person-centered language
- **Format:** ACLM retains the right to modify titles and descriptions during copy editing for marketing purposes.
 - Titles: Session and proposals require clear and concise titles (limit 15 words)
 - Descriptions: persuasive outcomes-focused descriptions in short (limit 50 words) and long (limit 150 words) versions
 - Objectives: (3) three action-oriented and well-thought-out learning objectives/take-aways that answer the prompt “after this session, participants will be able to...” See [Vanderbilt University Bloom’s Taxonomy Guidelines](#)
 - Presentation: Don’t underestimate the importance of instructional flow/design. [Adult learning theory](#) suggests that the best learning environments are those that are collaborative and utilize a problem-based approach.
 - Attributions and Citations: Plagiarism, or the act of using someone else's ideas or work without proper acknowledgment, is a serious ethical violation that undermines integrity in our field. ACLM prioritizes originality, respect for intellectual property, and the value of giving credit where it's due. Therefore, it's imperative that any content shared or created within our community is original or appropriately referenced. To ensure fairness, uphold ethical standards, and maintain the credibility of our collective work, we firmly believe in fostering a culture of integrity and professionalism. Any instance of plagiarism may result in consequences that forfeit current and future speaking opportunities for ACLM. Please use attribution as appropriate. Used effectively, quotations can provide important evidence or clarity to explain your session idea. Excerpts used ineffectively, however, without attribution are unacceptable and will result in your proposal being excluded from review or acceptance.
 - All accepted speakers must observe intellectual property rights. Presenters must ensure that information, illustrations, images contained in presentations, related materials or visual aids shall be factual, are not misleading and will not violate the intellectual property or copyrights of any third party.
 - Written documentation of ownership or permission must be provided upon request and is required for all video and television/film related imagery.
 - Bias: Avoid all commercial bias, advertisement, promotion and/or proprietary products. Sessions perceived by attendees as biased in content (including use of client examples or proprietary tools/models) are unacceptable. Any submission that is not educational in nature, neutral and unbiased, replicable by attendees without the author’s assistance, and free of commercial motive/intent will not be accepted. If accepted, those in violation of this policy may forfeit future speaking opportunities.
 - Material Deadlines: All accepted speakers must adhere to published deadlines. Speakers must be committed and responsive to working with ACLM to deliver exceptional service by adhering to deadlines, including submitting program materials by September 15, 2024 for review/approval of CME and inclusion in the conference app and website.
 - Recordings: Any video recordings of presentations will be the property of ACLM. Recordings of presentations will not be provided to speakers.

CONCURRENT SESSION TRACKS:

As you create your proposal, please consider the following concurrent session tracks, which are focus areas for the conference program. These conference tracks have been redesigned this year in order to better capture the interests of our audience members. While proposals may address more than one area, you must select the one which is the best fit. Learning formats support a range of instructional methods that give attendees more control over setting priorities and choosing the right content, materials, and methods that match their learning styles and objectives. In the table below, areas of focus of interest to the audience have been noted. Proposals may include one or more of these elements as applicable to the chosen track.

- **Application of Lifestyle Medicine track** - This track showcases the science of lifestyle medicine in settings such as Research, Academic/Education & Practice. These sessions include but are not limited to the “How” of lifestyle medicine, case studies (clinical & business), shared medical appointments, and lifestyle medicine services/programs tailored to various demographics and patient populations/conditions in a variety of practice settings. Education includes undergraduate, graduate and post graduate education and community education.
- **Allied Health Providers in Lifestyle Medicine track** - This track showcases topics and strategies of relevance to the practice of lifestyle medicine by non-physician professionals. Highlights of these sessions include specific disciplines, team-based care, interdisciplinary and multidisciplinary work, education and workforce development.
- **Healthcare Transformation Through Lifestyle Medicine track** - This track highlights the transformative use and operationalization of lifestyle medicine in a variety of settings and sectors including Military Medicine, Healthcare Systems, Clinics and Communities, Payers, Employers, Policymakers, and ACOs.
- **Current Issues in Healthcare track** - This track includes a variety of important areas that are not captured in the other defined tracks. This section highlights Health Equity, Global & Planetary Health, Advocacy, Self-care, and Policy.

Potential Areas of Focus for Presentations

Presentations may focus on one or more of the following areas. Checking elements included in your proposal may provide content overview and keyword development for marketing purposes

Foundational Principles of Lifestyle Medicine:	Demographics Focus:	Disciplines:	Settings:
<input type="checkbox"/> Lifestyle Medicine Competencies Lifestyle Medicine Pillars <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity <input type="checkbox"/> Sleep <input type="checkbox"/> Stress Management <input type="checkbox"/> Avoidance of Risky Substance Use <input type="checkbox"/> Social Interactions	Age <input type="checkbox"/> Pediatrics <input type="checkbox"/> Adult <input type="checkbox"/> Geriatric <input type="checkbox"/> Gender Specific Health Conditions <input type="checkbox"/> Cardiovascular Disease <input type="checkbox"/> Cancer <input type="checkbox"/> Diabetes <input type="checkbox"/> Obesity <input type="checkbox"/> Kidney Disease <input type="checkbox"/> Hypertension <input type="checkbox"/> Dementia <input type="checkbox"/> Stroke <input type="checkbox"/> Addiction <input type="checkbox"/> Other: _____	<input type="checkbox"/> Physician (MD/DO) <input type="checkbox"/> Nurse (RN, APRN, NP, Etc.) <input type="checkbox"/> Occupational Therapist <input type="checkbox"/> Physical Therapist <input type="checkbox"/> Physician Assistant/Associate <input type="checkbox"/> Pharmacist <input type="checkbox"/> Registered Dietitian <input type="checkbox"/> Podiatrist <input type="checkbox"/> Social Worker <input type="checkbox"/> Mental/Behavioral Health <input type="checkbox"/> Health and Wellness Coach <input type="checkbox"/> Healthcare Executive <input type="checkbox"/> Chef/Culinary Arts <input type="checkbox"/> Other: _____	<input type="checkbox"/> Clinical <input type="checkbox"/> Hospital <input type="checkbox"/> Outpatient <input type="checkbox"/> Community <input type="checkbox"/> Telehealth <input type="checkbox"/> Academic/Education <input type="checkbox"/> Health System <input type="checkbox"/> Industry <input type="checkbox"/> Business <input type="checkbox"/> Insurance <input type="checkbox"/> Military <input type="checkbox"/> Veterans <input type="checkbox"/> Workforce/Employer <input type="checkbox"/> FQHC <input type="checkbox"/> Other: _____

(table cont. on next page)

Additional Topics & Categories: <ul style="list-style-type: none"> <input type="checkbox"/> Population Health <input type="checkbox"/> Public Health <input type="checkbox"/> Global Health <input type="checkbox"/> Community Health <input type="checkbox"/> Planetary Health <input type="checkbox"/> Policy/Advocacy <input type="checkbox"/> Research <input type="checkbox"/> Industry <input type="checkbox"/> Innovation <input type="checkbox"/> Ethics <input type="checkbox"/> Business 	Additional Topics & Categories (continued): <ul style="list-style-type: none"> <input type="checkbox"/> Happiness Science <input type="checkbox"/> Positive Psychology <input type="checkbox"/> Mindfulness <input type="checkbox"/> Meditation <input type="checkbox"/> Yoga <input type="checkbox"/> Brain Health <input type="checkbox"/> Aging <input type="checkbox"/> Trauma-informed Care <input type="checkbox"/> Person/Family-Centered Care <input type="checkbox"/> Maternal Health 	Additional Topics & Categories (continued): <ul style="list-style-type: none"> <input type="checkbox"/> Personal Wellbeing <input type="checkbox"/> Self-care <input type="checkbox"/> Burnout <input type="checkbox"/> Food as Medicine <input type="checkbox"/> Culinary Medicine <input type="checkbox"/> Social Determinants of Health <input type="checkbox"/> Health Equity <input type="checkbox"/> Access to Care <input type="checkbox"/> Epigenetics <input type="checkbox"/> Other: _____ 	Technology: non-commercial presentations highlighting the use of technology to advance the practice of Lifestyle Medicine: <ul style="list-style-type: none"> <input type="checkbox"/> Artificial Intelligence <input type="checkbox"/> Apps <input type="checkbox"/> Digital <input type="checkbox"/> Game-based learning <input type="checkbox"/> Telehealth <input type="checkbox"/> Virtual Reality <input type="checkbox"/> Wearables
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REVIEW AND SELECTION PROCESS

ACLM strives for transparency in the selection process by utilizing a standardized review system. ACLM is sensitive to inclusivity and diversity when reviewing concurrent session proposals. By combining the collective input of peers, board members, and professional staff, ACLM recognizes that these individuals have a significant voice in co-creating the conference programming; ensuring that the conference content is timely, relevant, and targeted to attendee needs. We receive many submissions, and must prioritize them based on appropriateness of content, impact, evidence and fit into the conference schedule.

Submissions are rated based on the following:

- Currency, Importance, and Appropriateness of Topic to the Field
- Purpose, Participant Outcomes, and Session Type
- Motivated by Theory, Practice, and/or Research
- Support for Practices, Conclusions, and/or Proposals
- Clarity of Proposal as Indicator of Presentation Quality
- Credentials of the speaker

We, the community of lifestyle medicine colleagues, appreciate your dedication and desire to be an educator and embrace this wonderful opportunity to be a national presenter in this field. Representatives including physicians, physician associates, nurse practitioners, dietitians, registered nurses, psychologists, health coaches and pharmacists, as well as ACLM staff with years of experience in association management and clinical backgrounds, weigh in with feedback and strike a balance between new and veteran speakers. Staff also help ensure content lineup is aligned with ACLM.

All submissions will be reviewed, and the submitter (POC) will be contacted with a decision soon after the review process is complete. If you have any questions or need further assistance, please contact us at support@lifestylemedicine.org. We thank you in advance for your submission and giving us the opportunity to consider your session proposal.

Sample Proposal Submission



Abstract Title: Thriving through Menopause and for Decades to Come with Lifestyle Medicine

• **ABSTRACT PREVIEW: THRIVING THROUGH MENOPAUSE AND FOR DECADES TO COME WITH LIFESTYLE MEDICINE**

Thriving through Menopause and for Decades to Come with Lifestyle Medicine

Abstract ID: 1454677

Proposal Category: Oral Presentation

Track: The Science of Lifestyle Medicine Track

Abstract Status: Complete / Locked

Presenter(s)

Michelle D. Tollefson, MD, FACOG, DipABLM (she/her/hers)

Position:

MD, Associate Professor

Organization:

MSU Denver

Role:

Lead Presenter

Speaker Biography

Michelle Tollefson, MD, FACOG, DipABLM, FACLM

Michelle Tollefson is a board-certified lifestyle medicine expert and obstetrician-gynecologist in Denver, Colorado. She is seen as a pioneer in women's health and lifestyle medicine. She is a Professor in the Health Professions Department at Metropolitan State University of Denver where she created and oversees the Lifestyle Medicine Program.

She is currently on the executive boards of the non-profit organizations, the American College of Lifestyle Medicine, and PAVING the Path to Wellness. She is the editor-in-chief of the textbook Improving Women's Health Across the Lifespan, and co-author of PAVING the Path to Wellness with Drs. Frates and Comander, as well as her new book, PAVING a Woman's Path through Menopause and Beyond.

Dr. Tollefson was one of the first physicians ever trained as a wellness coach. She is an international speaker, women's health consultant, mother to three busy kids, and a breast cancer survivor/thriver.

Have you presented at other educational conferences within the last 2 years?

Yes

If yes, where?

International Plant Based Nutrition Conference 2022, 2021, Functional Aging Institute 2022, ELMO Greece 2022 American College of Lifestyle Medicine 2021, Korean Society of LM Conference,

Current CV

CV Tollefson Last Decade November 2022.docx

CME Disclosure - PLEASE CLICK THE LINK BELOW TO DOWNLOAD FORM
2023DisclosureForm mt.pdf

Company Website

www.pavingwellness.org

Blog or Personal Website

www.drmtollefson.net

Twitter Page:

@DrMTollefso

Facebook Profile:

DrMichelle Tollefson

Presentation Information

Presentation

Menopause is a natural part of life's journey. Still, as a society (and sometimes even as health professionals), we do a poor job of educating and preparing women for this phase of life. As a result, too many women are merely surviving menopause and missing this opportunity to embrace healthy lifestyle behaviors that support thriving through menopause and for decades to come. We, as healthcare professionals, play an essential role in educating women about the power of healthy lifestyle behaviors and empowering them to add years to their lives and life to their years. Women can often prevent, treat, and sometimes even reverse chronic disease through the lifestyle medicine pillars of a whole-food, plant-based diet, physical activity, quality sleep, stress resilience, meaningful social connections, and avoiding risky substances. Lifestyle medicine is powerful medicine that every woman deserves throughout the menopausal transition and beyond.

A whole-food, plant-predominant dietary pattern positively impacts the menopause transition and related symptoms. The latest research surrounding the gut microbiome, specifically the estrobolome, will be shared. In addition, controversial topics and menopausal myths surrounding phytoestrogens and breast cancer, dairy for bone health, and other hot topics will be covered. The session will also explore the impact of dietary choices on optimal aging and breast, bone, cardiovascular, brain, emotional, and sexual health. Finally, the session will explore best practices for supporting this demographic to make lifelong dietary changes and practical tips to implement.

Physical activity is important throughout a woman's life, but it becomes even more important during the menopause transition and throughout the second half of a woman's life. Without resistance training, the decreased estrogen levels with menopause are associated with a decrease in lean muscle mass and an increase in fat mass, negatively impacting a woman's metabolism. However, a comprehensive physical activity routine can prevent this. From resistance training to aerobic activity, balance training to stretching, peri and postmenopausal women must realize that exercise is powerful medicine for their physical and mental health. The latest research on high-intensity interval training, motivating women to move more and sit less, and exercise snacks to decrease sedentary behavior will be covered.

The menopause transition's hormonal changes increase sensitivity to stressors and are associated with brain fog, problems concentrating, labile moods, and an increased risk of mental health disorders. Therefore, prioritizing stress resilience practices during this time is tremendously important. The literature highlighting the impact of stress resilience on life satisfaction and psychological health and lower perceived stress, depressive symptoms, and effects on menopausal symptoms will be reviewed. Major stress is inevitable, and this session will explore how significant life changes can be used as teachable moments and the potential for post-traumatic growth to lead to a healthier lifestyle. In addition to the research, practical suggestions for supporting stress resilience during peri and postmenopause will be covered.

Whether due to night sweats, nocturia, decreased deep sleep, or insomnia, sleep is typically disrupted during the menopause transition. Unfortunately, sleep problems in postmenopausal women typically continue for decades to come. The exciting literature on prioritizing sleep for brain health and its role in weight control will be explored, as well as sleep's ability to strengthen the immune system, decrease pain sensitivity, and increase energy. In addition, practical tips for lifestyle behaviors throughout the day that support a more restful night will be shared so that practitioners have tools to empower their tired patients.

The pandemic highlighted the importance of meaningful social connection for women going through the menopause transition and women who went through it decades ago. However, loneliness often pervades women during the second half of life. The relationship between social connection and cognitive reserve will be explored, as well as the literature surrounding loneliness, social isolation, and cardiovascular-related death. During the presentation, practical tools for empowering women to restore old connections, strengthen current relationships, and create new bonds will be reviewed. A brief case study will highlight opportunities to use shared medical appointments and peer support networks in this population.

In addition to my medical background, I am also a university professor and understand the importance of instructional flow and design. I will also use adult learning theory to enhance the educational experience for the attendees. Through a web-based response system such as Poll Everywhere or Mentee, the presentation will be interactive through real-time responses.

Whether participants are interested health executives, members of the healthcare team that treat women in their mid-40s and beyond, or if they have a personal interest, optimizing health for women during the second half of their lifespans is a topic of immense importance for many of our attendees. This presentation will be rooted in the latest scientific evidence but infused with practical tips to help attendees add years to their lives and life to their years, one bite, step, breath, and night at a time.

Please include any other related links that are available.

The importance of education and empowerment for women during the menopause transition and beyond has received increased attention recently in the press, leading to an increased demand for evidence-based healthy lifestyle recommendations from our patients. As healthcare providers to healthcare executives with expertise in lifestyle medicine, we are optimally positioned to support the health trajectory of our patients and society.

From the New York Times' recent article, Women have been Misled about Menopause, January 2023

<https://www.nytimes.com/2023/02/01/magazine/menopause-hot-flashes-hormone-therapy.html> to Nature's, It's time to talk about the M word, menopause is a hot topic. Celebrities and women in the public spotlight, such as Oprah Winfrey, Maria Shriver, and Michelle Obama, are also helping to normalize the menopause transition and associated physical and emotional symptoms.

<https://people.com/health/michelle-obama-gets-real-weight-gain-giving-up-on-perfect-arms-menopause-series/>

<https://www.today.com/health/womens-health/oprah-winfrey-maria-shriver-menopause-rcna60637>

<https://www.oprahdaily.com/entertainment/books/a41923087/michelle-obama-book-the-light-we-carry-excerpt/>

Please include any additional abstract information.

References

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Uploaded File(s)

Additional Information Upload

Summaries in 50, 150, and 800 word versions: pdf

ACLM 2023 Proposal Thriving through Menopause and for Decades to Come with Lifestyle Medicine.edited.pdf

Summaries in 50, 150, and 800 word versions: pdf

Summaries in 50, 150, and 800 word versions: word doc

ACLM 2023 Proposal Thriving through Menopause and for Decades to Come with Lifestyle Medicine.edited.docx

Summaries in 50, 150, and 800 word versions: word doc

Learning Objectives

1. describe the impact of nutrition, physical activity, stress management, and sleep prioritization on the menopausal transition.
2. recognize opportunities to incorporate lifestyle medicine education and practical behavior change suggestions into their interactions with their clients.
3. understand how a whole food, plant-based diet, and other pillars of lifestyle medicine impact women's health as they age.