

Day 1 – Thursday, April 3, 2025		CME Credit
6:00am – 6:45am	Yoga – <i>Beth Polk, MD, FAAFP, DipABLM, RYT-500</i>	
6:30am – 7:30am	Breakfast	
7:30 am – 7:45 am	Welcome and Announcements	
7:45 am – 8:30 am	Setting the Stage: Case Study Personas and Toolkit – <i>Beth Polk, MD, FAAFP, DipABLM, RYT-500</i>	.75
8:30 am – 9:15 am	Lifestyle Medicine Overview – the What and the Why – <i>Brenda Rea, MD, DrPH, PT, RD, FACLM, DipABLM</i>	.75
9:15 am – 10:00 am	Case Based Presentations; Real Lifestyle Medicine in Action – <i>Beth Polk, MD, FAAFP, DipABLM, RYT-500 and Amy Mechley, MD, FAAFP, DipABFM, DipABLM</i>	.75
10:00 am – 10:15 am	Break	
10:15 am – 11:15 am	Lifestyle Medicine Assessments – <i>Brenda Rea, MD, DrPH, PT, RD, FACLM, DipABLM</i>	1
11:15 am – 12:15 pm	Health Coach Approach – <i>Charles Inniss, Jr., DPT, PCC, NBC-HWC</i>	1
12:15 pm – 1:15 pm	Lunch on your own	
1:15 pm – 2:00 pm	Health Coach PBL – <i>Beth Polk, MD, FAAFP, DipABLM, RYT-500</i>	.75
2:00 pm – 3:00 pm	Whole Food Plant Predominant Basics – <i>Anthony Lim, MD, JD and Brenda Rea, MD, DrPH, PT, RD, FACLM, DipABLM</i>	1
3:00 pm – 3:15 pm	Break	
3:15 pm – 4:15 pm	Integrating Nutrition into Practice – <i>Anthony Lim, MD, JD</i>	1
4:15 pm – 5:15 pm	Integrating Nutrition into Practice PBL – <i>Brenda Rea, MD, DrPH, PT, RD, FACLM, DipABLM</i>	1
5:15 pm – 5:30 pm	T2P Reflection Panel – <i>All Faculty</i>	.25
5:30 pm	Adjourn	
7:00 pm – 9:00 pm	An Interfaith Conversation Around Spirituality and Medicine ( <i>No CME Credit, No Pre-registration</i> )	

Day 2 – Friday, April 4, 2025		CME Credit
6:00am – 6:45am	Yoga – <i>Beth Polk, MD, FAAFP, DipABLM, RYT-500</i>	
6:30am – 7:30am	Breakfast	
7:40 am – 7:45 am	Announcements	
7:45 am – 8:45 am	The Importance of Catching Good Z's – <i>Andrew Mock, MD, MPH</i>	1
8:45 am – 9:15 am	Substance Use: A Path Forward – <i>Andrew Mock, MD, MPH</i>	.5
9:15 am – 10:15 am	Sleep and Substance Use PBL – <i>Amy Mechley, MD, FAAFP, DipABFM, DipABLM</i>	1
10:15 am – 10:30 am	Break	
10:30 am – 11:30am	Under Pressure: Surviving vs. Thriving – <i>Meagan Grega, MD, FACLM, DipABLM</i>	1
11:30 am – 12:30 pm	Lunch on your own	
11:30 am – 12:30 pm	Whole Person Health Project – Lunch and Learn (No CME Credit, Pre-registration required) <i>This session is supported by an educational grant from Ardmore Institute of Health (AIH).</i>	
12:30 pm – 1:30 pm	Cultivating Connection – <i>Charles Inniss, Jr., DPT, PCC, NBC-HWC</i>	1
1:30 pm – 2:30 pm	Stress and Connectedness PBL – <i>Beth Polk, MD, FAAFP, DipABLM, RYT-500</i>	1
2:30 pm – 2:45 pm	Break	
2:45 pm – 3:45 pm	MOVE It or LOSE It – <i>Meagan Grega, MD, FACLM, DipABLM</i>	1
3:45 pm – 4:45 pm	Movement PBL – <i>Brenda Rea, MD, DrPH, PT, RD, FACLM, DipABLM</i>	1
4:45 pm – 5:00 pm	T2P Reflection Panel – <i>All Faculty</i>	.5
5:00 pm	Adjourn	
Optional Session (separate registration and fee required)		
7:00 pm – 9:00 pm	Empowering Health: Integrating Resistance Training in Primary Care - <i>Andrew Mock, MD, MPH</i>	2

<b>Day 3 – Saturday, April 5, 2025</b>		
6:00 am – 6:45 am	Yoga – <i>Beth Polk, MD, FAAFP, DipABLM, RYT-500</i>	
6:30 am – 7:30 am	Breakfast	
7:40 am – 7:45 am	Announcements	
7:45am – 8:15 am	Ruth’s Journey – <i>Amy Mechley, MD, FAAFP, DipABFM, DipABLM and Ruth Morley, Patient Engagement Faculty</i>	.50
8:15 am – 9:00 am	The Secret Sauce: Putting the Pieces Together 101 – <i>Beth Polk, MD, FAAFP, DipABLM, RYT-500 and Amy Mechley, MD, FAAFP, DipABFM, DipABLM</i>	.75
9:00 am – 10:00 am	Persona Action Plans Part 1 – <i>All Faculty</i>	1
10:00 am – 10:15 am	Break	
10:15 am – 11:45 am	Persona Action Plans: Part 2 – <i>All Faculty</i>	1.5
11:45 am – 12:00 pm	Course Wrap Up – <i>Beth Polk, MD, FAAFP, DipABLM, RYT-500</i>	
12:00 pm	Adjourn	
<b>Optional Sessions (separate registration and fee required)</b>		
12:30 pm – 2:00 pm	Culinary Workshop: Walk the Walk, Talk the Talk, and Heal Thyself – <i>Amy Mechley, MD, FAAFP, DipABFM, DipABLM</i>	1.5
2:15 pm – 5:15 pm	Payment for Lifestyle Medicine Workshop – <i>Meagan Grega, MD, FACLM, DipABLM</i>	3
2:15 pm – 5:15 pm	Health Coaching and Motivational Interviewing Workshop – <i>Charles Inniss, Jr., DPT, PCC, NBC-HWC</i>	3