

An international scientific, medical, allied health and health policy multidisciplinary and CPD event.

# Lifestyle Medicine 2017

AUSTRALASIA

**Planet Consumption:**  
Primary care, public and planetary health converge in Lifestyle Medicine.



**FRIDAY 15-SUNDAY 17  
SEPTEMBER 2017**

**MANLY, SYDNEY, AUSTRALIA**

**EARLY BIRD & CALL FOR ABSTRACTS ENDS SOON**

**USE CONFERENCE PROMO CODE 'PASSIONATE' FOR ADDITIONAL DISCOUNT**

### STREAMS & WORKSHOPS

- **You can lead a horse to water**  
*Behaviour change and Psychological Medicine*
- **Don't bite the hand that feeds**  
*Public and planetary health converge*
- **The brain you can change**  
*Harnessing the power of the gut-brain axis*
- **Move it or lose it**  
*New science in physical activity and nutrition*
- **Scientific abstracts**  
*Oral abstracts and poster presentations*
- **Mission Possible!** *Enhancing the Lifestyle Prescription & the multidisciplinary team*
- **Tackling the hard stuff** *Addiction in clinical practice and smoking cessation*
- **Where's Gutbusters when you need it?**  
*Weight management for the 21st century*
- **Lifestyle Medicine education & SMAs**  
*Introducing...Shared Medical Appointments*  
*See all streams & workshops on the website*

### WHO SHOULD ATTEND

- GPs & Medical Specialists
- Dental Practitioners
- Public Health Physicians
- Health Policy Professionals
- Scientists & Researchers
- Academics & Educators
- Dietitians & Nutritionists
- Naturopaths
- Exercise Physiologists
- Psychologists
- Nurses & Practice Nurses
- Diabetes Educators
- Social Workers
- Counsellors
- Psychotherapists
- Osteopaths
- Physiotherapists
- Chiropractors
- Pharmacists & Assistants
- Occupational Therapists
- Other health practitioners

**RACGP  
Cat1 QI&CPD  
and allied  
health CPD  
points**

Let us re-inspire your practice at this extraordinary meeting of like-minds.

Update your Lifestyle Medicine knowledge, skills, tools and processes through keynote lectures, participatory workshops, case studies, discussion and the latest translational science and research from around the world.

Join us in Manly for 3 days of education, inspiration, nourishing plant based food, fresh air and healthy outdoor activities.

ASLM is a leading member of an innovative and collaborative international community of over 15 colleges and societies of Lifestyle Medicine



[www.lifestylemedicine.org.au](http://www.lifestylemedicine.org.au)

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Lifestyle  
Medicine.

AUSTRALASIA

## It's time!

To borrow a well known campaign slogan in Australian politics, "it's time" to change the dominant medical paradigm widely regarded as unsustainable and focused on disease management and mitigation. It's time to focus on prevention, empowerment, self-management, modification and reversal!

The Australasian Society of Lifestyle Medicine (ASLM) and partner organisations are proud to invite you attend to the second international scientific conference on Lifestyle Medicine in clinical practice and health policy to be held in Australasia.

The conference features a 'how to' multidisciplinary clinical focus designed for doctors and allied health practitioners, blended with a deep exploration of determinants and systemic issues for public health physicians and health policy professionals. Topped off with a scientific stream with a focus on translational research for innovative and more effective practice.

An impressive line-up of leaders in medicine, science, health policy and clinical practice from Australia, New Zealand, Asia, Europe and the Americas will share their wisdom through an in-depth exploration of the conference themes, along with key public health, political and stakeholder figures.



With not one, but three leading lights of Lifestyle Medicine to guide you through the feast of options, our Masters of Ceremonies Dr Caroline West, Dr Darren Morton and Dr Joanna McMillan will keep you moving, laughing, singing and dancing!

Lifestyle Medicine promotes prevention, early intervention, self-management, modification, and dare we say it, even regression of many chronic conditions. Let us re-inspire your practice at this extraordinary event.

We looking forward to meeting you in Sydney in September 2017.



Dr Hamish Meldrum  
MBChB, DRANZCOG, FRACGP  
President, ASLM  
for the scientific committee

Register early for the best price at  
[www.lifestylemedicine.org.au/conference](http://www.lifestylemedicine.org.au/conference)

## KEY DATES

### Registrations

Check the website for early bird dates  
**USE CONFERENCE PROMO CODE 'PASSIONATE'  
FOR AN ADDITIONAL DISCOUNT**

### Scientific (oral and poster) abstracts

Call for abstracts closes 31 July

## WHEN

Friday 15 – Sunday 17 September 2017

### PRE-CONFERENCE WORKSHOP

10am–5pm Friday 15th September

### MAIN CONFERENCE

5pm Fri 15th – 5pm Sun 17th September

Single day registrations available. Register at  
[www.lifestylemedicine.org.au](http://www.lifestylemedicine.org.au).

## WHERE

Novotel Manly Pacific, Manly Beach, Sydney



Sydney, the capital of New South Wales and Australia's largest city, is rich in history and bustling with activity.

Explore well-known landmarks

such as the Sydney Opera House and the Sydney Harbour Bridge, beautiful beaches and botanical gardens. There is always something to discover in Sydney.

Once you've sampled the ferries across the harbour to Manly, why not take a short flight to Melbourne, the Great Barrier Reef, Uluru, the Kimberley or the rainforests of tropical Far North Queensland.

## CONTINUING EDUCATION

- RACGP Cat 1 & Cat 2 QI&CPD points
- ACCRM PDP points
- RNZCGP MOPS points
- Allied health CPD/CME points
- CPD points subject to application/approval

## SPONSORSHIP

Opportunities to sponsor and exhibit at the conference will sell out due to space limitations. Reach an estimated 400-500 delegates in person over three days. Please contact us as soon as possible to avoid missing out.

## ENQUIRIES

NATIONAL TOLL FREE 1300 673 643  
INTERNATIONAL +61 438 004 807  
EMAIL [info@lifestylemedicine.org.au](mailto:info@lifestylemedicine.org.au)

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