



Conference Schedule

Lifestyle IS Medicine, A Complete Paradigm Shift

Monday, December 3rd Conference - DAY 1			
Time	Events/Titles	Presenters/Coordinators	Room
8am - 10am	Registration	Staff	
10am - 11am	Introduction of ISLM and Executive Committee	Dr. Samuel Hansdak	
11am - 12pm	Lifestyle Medicine- An Evidence-Based Approach	Dr. Ravinder Mamtani	
12pm - 1pm	LUNCH BREAK		
1pm - 1:30pm	Diet Fads and Weight Loss Myths	Mrs. Sheela Krishnaswamy	
1:30pm - 2pm	Sleep Health	Dr. Jacqueline Michael	
2pm - 3pm	Breakout Session #1A - Obesity and Nutrition	Dr. Ravinder Mamtani	
	Breakout Session #1B - Addiction	Dr. Herb Giebel	
3pm - 3:30pm	HEALTH BREAK & NETWORKING		
3:30pm - 5pm	Panel Session:	Dr. N. Dhanapala Dr. Sunil Chandy Mrs. Sheela Krishnaswamy Dr. Ravinder Mamtani Dr. Mechelle Palma	
	Lifestyle Medicine – The Way Forward	Moderators: 1. Dr. Samuel Hansdak 2. Dr. Sheela Nambiar	
5pm - 6pm	General Body Meeting		
7pm - 9pm	Dinner/Movie Night: EATING YOU ALIVE		
Tuesday, December 4th Conference - DAY 2			
6:30am - 7:30am	Fitness Workshop	Dr. Sheela Nambiar	
8am - 9am	Nutritional Assessment & Prescription	Dr. Wayne Dysinger	
9am - 10am	BREAKFAST		
10am – 11am	Is heart disease reversible? Myth or Fact...	Dr. Koushik Reddy	
11am – 12pm	Breakout Session #2A Social Connectedness and Positive Psychology	Dr. Sheela Nambiar	
	Breakout Session #2B Role of Physicians Personal Health	Dr. Mechelle Palma	
12pm - 1pm	LUNCH BREAK		
1pm - 2pm	Emotional Wellbeing	Dr. Samuel Hansdak	
2pm - 3pm	Breakout Session#3A Lifestyle Medicine Education	Dr. Mechelle Palma	
	Breakout Session #3B Health and IT	Mr. Jacob Kunthara and Mr. Elwin John	
3pm - 3:30pm	HEALTH BREAK & NETWORKING		
3:30 - 4:30pm	Lifestyle Medicine Advocacy	Dr. Jacqueline Michael	
4:30pm - 5:15pm	Crossing the Chasm – Diabetes Reversal?	Dr. George Guthrie	
7pm - 8pm	Power of Lifestyle in Health & Happiness	Dr. Dean Ornish	
8pm - 10pm	Looking forward...	ExCo Meeting	
Wednesday, December 5th Conference - DAY 3 (IBLM Exam)			