



Connect - Motivate - Transform

National Lifestyle Medicine Conference

**The Future of Healthcare is Lifestyle Medicine
8th September 2018**

The aim of the conference is to educate health professionals about Lifestyle Medicine and how we can apply this in our own health, patient consultations, and wider Public Health.

We will have dynamic speakers presenting the evidence and will close with a panel discussion.

We wish to promote practical implementations of Lifestyle Medicine so delegates can actually “go out and make a difference” as a result of this conference – for example- GPs having knowledge to advocate Lifestyle change for patients, CCGs considering funding Lifestyle Medicine clinics, GPs to consider group consultations e.g. for T2DM.

There will be time for networking – as we have a multi- disciplinary audience – GPs, health coaches, nutritional therapists and others attending.

**Speakers are subject to change*



Time	Programme	Location
09.00	Registration - Meet and Greet "Exercise Snacks" * Exhibitions Poster Viewing	Reception and Conference Suite
09.20 To auditorium	Chair's Welcome Dr Angela Goyal - Founder of Inspired Medics <i>Why the Future of Healthcare is Lifestyle Medicine</i>	Main Auditorium
10.00-10.50	Opening Keynote Dr Aseem Malhotra - Consultant Cardiologist, Author, Pioneer <i>You Can't Drug People Into Being Healthy</i>	Main Auditorium
10.50-11.10	Lucile Allen-Paisant <i>From Stressful to Stressless: Self Care for Health Professionals</i>	Main Auditorium
11.10-11.40	Coffee/Tea Break Exhibitions "Exercise Snacks" * Poster Viewing	Conference Suite
11.40-12.30	Dr Aseem Malhotra – Consultant Cardiologist, Author, Pioneer <i>Cardiovascular Medicine for your patients – putting it all into practice</i> Q & A	Main Auditorium
12.35-1.20	Dr Pratima Singh - Consultant Psychiatrist <i>Bridging the mind-body gap in medicine: what if the conversation began with gut health?</i>	Main Auditorium




1.20 -2.20	Wholefood Seated Lunch Exhibitions Poster Viewing	Dining Hall
2.20-3.00	Dr David Unwin - RCGP Diabetes Champion <i>T2DM NAFLD and the low carb diet: can it really be fitted into primary care?</i>	Main Auditorium
3.00-3.15	Sam Feltham - Director Public Health Collaboration <i>Current Dietary Guidance and the work of the PHC</i>	Main Auditorium
3.15-4.00	Dr Sarah Davies – Functional Medicine Specialist <i>Food as Information, Connection and Medicine</i>	Main Auditorium
4.00-4.25	Panel Q&A – Chair Dr Angela Goyal <i>The chronic disease epidemic and escalating prescription costs – how can we make practical steps to solve this using Lifestyle Medicine in the real world.</i> Dr Rob Lawson – Co-founder of British Society Lifestyle Medicine Sam Feltham – Director of Public Health Collaboration Dr David Unwin – RCGP Diabetes Champion Dr Aseem Malhotra – Consultant Cardiologist, Author, Pioppi Diet	Main Auditorium
4.25	Prizes	Main Auditorium




	Workshops – Please choose a workshop or begin networking	
4.30- 5.00	Workshop 1 – A Career in Lifestyle medicine Dr Sarah Davies, Dr Indra Barathan, Ruth Edwards	Main Auditorium
4.30- 5.00	Workshop 2 - Yoga Jenny Phillips	Meet at Reception
4.30- 5.00	Workshop 3 - The Changing Face of Insurance - How we reward our clients for living healthier lives. <i>Sponsored by - Jon Higgins – Love my Health in assoc. with Vitality Health</i>	Meet at Reception
4:30-5.00	Workshop 4 – Movement Matters – Low intensity Exercise Personal Trainers - Rakesh Patel, Kate Prosser & Simon Mutch	Meet at Reception
4.30 -6.00	Drinks and Informal Networking View Exhibitions “Mini Dates” 5-6pm	Reception and Conference Suite
6.00	Close	





***Please note that any physical activity you choose to take part in it at your own risk.**



Networking Map - Mini Dates with our Speakers

Area A		
		
Dr Aseem Malhotra Consultant Cardiologist Author of the Pioppi diet Pioneer of Lifesyle Medicine	Dr Angela Goyal Founder of Inspired Medics GPwER Dermatology Chair and co-founder – Yorkshire Wellness Group Regional Director – BSLM	Dr Pratima Singh Psychiatrist in a deprived, inner-city London borough Advocate of intensive lifestyle interventions to chronic mental health

Area B		
		
Dr David Unwin Senior GP partner Royal College of General Practitioners expert clinical advisor	Sam Feltham Director of the public health collaboration	Lou Walker Workplace health & wellbeing consultant Author of research report – “It’s time to rethink cake” PHC ambassador TEDx Speaker

Area C			
			
Dr Ailsa Care NHS GP Partner Functional Medicine Specialist in Private Practice Environmental Practitioner	Dr Indra Barathan GP and Functional Medicine Specialist in Private Practice Yorkshire Wellness Group Co-founder	Dr Sarah Davies NHS GP and a Functional Medicine Specialist	Lucile Allen-Paisant Director of Mind It Founder of Leeds Wellbeing Week

Area D		
		
Dr Rob Lawson Co-founder British Society Lifestyle Medicine Founder of the UK Shared Medical Appointment Contact Group	Ruth Edwards Business Leaders Health Coach and Director UK Health Coaches Association	Dr Alison Sabine Consultant Rheumatologist Advisor for UK Health Coaches Association Creator of NHS gifts

Coffee break Snacks

InspireMED Granola bars:

Ingredients – Oats,
Dates, Honey, Sunflower seeds,
Poppy seeds, Sesame seeds,
Coconut oil

Fruit platter

Wholefood Lunch Menu

Power Salads:

Salmon

Lemon Chicken

Falafel (gluten free available)

Brown Rice

Roasted Sweet Potato

Hummus

Red Cabbage and Fennel Coleslaw

Chickpea and Orange Salad

Roasted Carrot and Beetroot

Roasted Cauliflower and Chili Flakes

Exhibition Stands

Carefully selected Exhibitors whom we feel are relevant to our delegates

Some of our Exhibitors include:

- Love My Health in association with Vitality: Rewarding people for living healthy lifestyles - **Visit their stand for a chance to win a fitbit!**
 - Clinical Education: Functional Medicine courses
- RB Medical: pharma working with the NHS in *de*-prescribing
 - Sandison Easson: Accountants
 - The Low Carb Food Company
- Trust Locums: A tailored service for GP locums
- Regenerus Laboratories: advanced lab testing
- Functional Dx: advanced blood chemistry analysis
- X-pert Health: HCP education in managing T2DM, Obesity and CVD



Accredited for **6 CPD hours** by:



BSLM is a multidisciplinary society aiming to prevent, improve, manage and treat lifestyle-related conditions. BSLM aims to establish Lifestyle Medicine as central to health and wellbeing by promoting the prevention of avoidable lifestyle-related diseases, by advocating treatment of diseases of the 21st century with a realistic approach and by influencing healthcare and health policy. Raising awareness of Lifestyle Medicine principles and providing leadership, education and support for healthcare practitioners is a primary objective. We acknowledge there are social and environmental determinants of disease which should be addressed at national and international level.

Official Charity



The Public Health Collaboration is a charity dedicated to informing and implementing healthy decisions for better public health.

Media Partner



Yorkshire Wellness Group

