

PRELIMINARY AGENDA | DAY 1 (04/18)

status for 2020/02/10

„LIFESTYLE MEDICINE IN PRACTICE”

8:30 – 11:30

Workshop session #1 (alphabetical order)

Communication techniques and behavior change
Culinary medicine
Healthy spine in a workplace
Insulin resistance lifestyle management
Laboratory tests in the dietitian’s practice
LM – teamwork - creating and managing multidisciplinary teams
Motivational interviewing
Physical activity on prescription
Shaping healthy food habits in children
Shinrin yoku

12:00-14:00

Workshop session #2 (alphabetical order)

Building a healthy relationship with food
Plant-based diet in practice
Intuitive eating
Less waste and zero waste
Social media in health education
Mindfulness
The foundations of psychodietetics
Practical nutrition and culinary education
Lifestyle in heart failure
Stress management techniques

14:30-15:50

Lecture session #1: Lifestyle medicine in physician’s practice

Dr. Dean Ornish’s Program
Complete Health Improvement Program
Culinary medicine
Lifestyle change case studies reports

16:00-17:20

Lecture session #2: Lifestyle medicine – systemic perspective

Nutrition education
Sugar tax, excise duty on alcohol and other approaches
Anti-tobacco policies in Poland and around the world - assessment
Health promoting environment – good practices

17:20-18:00

Oral presentations session

PRELIMINARY AGENDA | DAY 2 (04/19)

status for 2020/02/10

„FOOD. PLANET. HEALTH.”

9:00 – 10:50 Lecture session #1: Around EAT Lancet report

11:05:12:50 Lecture session #2: Lifestyle medicine – foundation of healthcare

13:30-14:30 Panel discussion: „What to eat?”

14:30-15:30 Lecture session #3: On the art of behaviour change

15:45-17:15 Concurrent session #1: Family medicine

Is there a space for lifestyle medicine in the GP's office?
Prescription for physical activity
Prescription for healthy eating
Prescription for smoking cessation
Prescription for sleep and stress management

15:45-17:15 Concurrent session #2: Paediatrics

Lifestyle medicine & children obesity and overweight
1000 days
Vegetables in children's diet – the how
Physical activity for children