

9-10TH
MAY
2026

SPLIT,
CROATIA



EUROPEAN LIFESTYLE MEDICINE SYMPOSIUM

Lifestyle Medicine: Bridging the Health Gap

Join Lifestyle Medicine leaders from across Europe to discuss key topics including drivers of health, the reversibility of NCDs, tools of Lifestyle Medicine, and the development of Lifestyle Medicine across Europe, among others. Participate in engaging workshops, expert presentations, and valuable networking sessions, hosted by the European Lifestyle Medicine Council and the Croatian Lifestyle Medicine Association.

Registration fee - 250,00 €
Registration fee - Students - 75,00 €

(VAT included)

www.europeanlmc.org

www.crolma.net



THE PROGRAMME

DAY 1

9TH MAY

SPECIFIC TIME

08.45

WELCOME AND OPENING SESSION

Dr Ivana Kolcic, Dr Rob Lawson, Dr Fraser Quin

09.00

ARE NCDs PREVENTABLE AND REVERSIBLE? THE EVIDENCE

Deprescribing

Assoc. Prof. Ivana Kraljević, Assoc. Prof. Anela Novak

Pro-environmental and Health Behaviour Change

Prof Gozde Ozakinci

Gut Brain Axis

Prof Jelena Cvejic

CBTi

Magdalena Komsta

PANEL DISCUSSION

10.40

BREAK

11.10

SOME TOOLS OF LM: WHAT ARE THEY?

Insights from a reinsurer's Metabolic Health pilot

Dr John Schoonbee

DM: No longer for ever?

Lifestyle4health

Social Prescribing: Improving Peoples Lives

Dr Bogdan Chiva Giurca

PANEL DISCUSSION

12.30

LUNCH

13.30

DRIVERS OF HEALTH

Environmental Health EDCs Pollution

TBA

Healthy eating patterns incl Planetary Health Diet

PAN International

AI in Preventive Medicine Overview

Sigrid Berge van Rooijen

PANEL DISCUSSION

15.00

BREAK

15.30

LM AROUND EUROPE: CHALLENGES AND OPPORTUNITIES INCLUDING QUALITY IMPROVEMENT

Discussion Panel with

Dr Alicja Baska

Dr Rob Lawson

Adam Jarubas (MEP)

17.00

CLOSING REMARKS

17.15

CLOSE

19.00

CONFERENCE DINNER

DAY 2

10TH MAY

SPECIFIC TIME

08.45

LIFESTYLE MEDICINE WORKSHOPS

Mediterranean diet made easy - culinary/cooking demo

Case Studies LM Implementation

Group Consultations to Deliver LM-Dr Rob Lawson and

Dr Camille Hirons

Extra virgin olive oil sensory testing - could you be a sommelier?

Individual Challenge Inventory Tool (ICIT)

Dancing workshop

10.30

POSTER SESSIONS
BREAK

11.00

LIFESTYLE MEDICINE WORKSHOPS

Mediterranean diet made easy - culinary/cooking demo

Yoga for stress management

Singing for health

Art Therapy

Reversing T2DM

Dr Mariela Glandt and Lifestyle4health Team

Dancing workshop

12.30

BRIEF PLENARY
LUNCH

13.30

CLOSING REMARKS AND
SYMPOSIUM CLOSE

ATTENDANCE
COUNTS
FOR

12
HRS
CPD