

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**

**Why Does Deprescribing Fail in Clinical Practice?**  
Assoc. Prof. Ivana Kraljević, Assoc. Prof. Anela Novak

**When Rebalancing Homeostasis of Human Physiology, Deprescribing Medication in Patients with Cardiovascular Disease is Safe and Feasible**  
Prof Carlos Van Mieghem

**Stress, Health and Resilience: Evidence-Based Lifestyle Strategies**  
Prof Jelena Cvejic

**Cognitive-Behavioral Therapy for Insomnia (CBT-I)**  
Magdalena Komsta

PANEL DISCUSSION

10.40

BREAK

11.10

**SOME TOOLS OF LM: WHAT ARE THEY?**

**Getting Disability Claimants back to Work using a Metabolic Health Focus**  
Dr John Schoonbee

**DM: No longer for ever?**  
Dr. Mattijs Out

**Social Prescribing: Improving Peoples Lives**  
Dr Camille Hiron

PANEL DISCUSSION

12.30

LUNCH

13.30

**DRIVERS OF HEALTH**

**Disease prevention through advocacy on EU environmental policy**  
Genon Jensen, HEAL

**Translating Healthy and Sustainable Diets into Practice and Policy**  
Dr Roberta Alessandrini, Physicians Association for Nutrition

**How Intelligent Tools Are Reshaping Lifestyle Medicine from Cradle to Later Life**  
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  
Plus Lifestyle Medicine Leaders from around Europe

17.00

CLOSING REMARKS

17.15

CLOSE

19.00

CONFERENCE DINNER

DAY 2  
10TH MAY

SPECIFIC  
TIME

08.45

Session 1  
**LIFESTYLE MEDICINE WORKSHOPS**

**From Symptoms to Function: How a Structured Communication Tool Can Improve Health and Work Outcomes**

Cathrine Abrahamson

**Group Consultations to Deliver LM**  
Dr Rob Lawson and Dr Camille Hiron

**Reversing T2DM:How to Implement LM intervention**  
Dr Tanja Dragun

DELEGATE TO  
SELECT ONE  
PER SESSION

10.30

POSTER SESSIONS  
BREAK

THIS SESSION IS SPONSORED BY

**BMJ** Lifestyle Medicine Advances  
Group

11.00

Session 2  
**LIFESTYLE MEDICINE WORKSHOPS**

**Mediterranean Diet Made Easy**  
Culinary/cooking demo - Dora Bučan Nenadić, Nutritionist

**Extra Virgin Olive Oil Sensory Testing - Could You Be a Sommelier?**

Assoc. Prof. Anamarija Jurčev Savičević, MD, PhD & Asst. Prof. Zlatka Knežović, PhD, ing. of Chemistry

*Potential for a workshop repeat from Session 1 depending on delegate demand*

DELEGATE TO  
SELECT ONE  
PER SESSION

12.45

CLOSING REMARKS AND  
SYMPOSIUM CLOSE

A BIG THANKS TO OUR  
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