



# Lifestyle Medicine 2019

7-9 June 2019 | Grand Millennium  
Tāmaki Makaurau | Aotearoa  
Auckland | New Zealand

Innovation  
Intervention  
Environment  
& Equity

*Naku te rourou nau te rourou ka ora ai te iwi*

"With your basket and my basket the people will live", refers to cooperation and the combination of resources for advancement.

In this spirit, **Lifestyle Medicine 2019** will explore opportunities for 'Innovation, Intervention, Environment & Equity' in the evolution of healthcare.

No longer can we be satisfied with treatment as usual when the science demonstrates that practitioner-led intervention and community-based programs can be highly effective, and that reversal of chronic diseases through the modification of behavioural, lifestyle and environmental factors is not only possible, but a practical reality.



*"I strongly support the work of the Society to promote a multidisciplinary, whole system approach to the chronic and lifestyle-related disease problem, in particular bringing much needed attention to modifying the social and environmental drivers of ill health."*

Prof Boyd Swinburn (ASLM Patron and 2019 Speaker)

## WHO SHOULD ATTEND

- GPs & Practice Nurses
- Specialists & Dentists
- Public Health Physicians
- Health Policy Professionals
- Scientists & Researchers
- Academics & Educators
- Dietitians & Nutritionists
- Exercise Physiologists
- Nurses & Midwives
- Diabetes Educators
- Psychologists
- Pharmacists
- Social Workers
- Psychotherapists
- Physiotherapists
- Osteopaths & Chiropractors
- Occupational Therapists
- Health Informaticians
- Other Allied Health Practitioners
- Practice & PHN/PHO Personnel

RACGP,  
RNZCGP &  
Allied Health  
CPD POINTS  
will apply

## STREAMS

- Reversing type 2 diabetes, overweight, risk factors and metabolic dysfunction
- Microbiome and health tech: Emerging science, innovation and application
- Mental health: Mood disorders, emotional wellbeing and more

Scientific abstracts and poster presentations will be integrated into the main program.

## WORKSHOPS

A number of workshop sessions will be held across all three days, including topics such as:

- Metaflammation & technopathology: The causes of the causes
- Implementing Shared Medical Appointments (SMAs)
- Coaching & motivational interviewing for health behaviour change
- Achieving sustainable weight loss in obesity and type 2 diabetes
- Intensive lifestyle change programs: How and why they work
- The science of plant-based diets in chronic disease

...More workshops on the website

Visit [www.lifestylemedicine.org.au](http://www.lifestylemedicine.org.au) for the Call for Abstracts, Speakers, Program, Pricing and more  
Use Conference Promo Code 'KIAORA' for an extra passionate supporter discount

# Innovation, Intervention, Environment & Equity

The Australasian Society of Lifestyle Medicine (ASLM) and partner organisations are proud to invite you to attend the fourth international conference on Lifestyle Medicine in science, health policy and clinical practice to be held in Australasia.



With not one, but three leading lights of Lifestyle Medicine to guide you through the feast of options, our Masters of Ceremonies Dr Caroline West, Dr Darren Morton and Dr Joanna McMillan will keep you moving, laughing, singing and dancing!

The Conference features a 'how to' multidisciplinary clinical focus designed for doctors and allied health practitioners, blended with an exploration of determinants and systemic issues for public health physicians and health policy professionals. This is complimented by scientific abstracts integrated into the main program.

An impressive line-up of leaders in medicine, science and health policy from Australia, New Zealand, Asia, Europe and the Americas will once again explore the Conference themes, with a focus on translational research and innovation in practice.

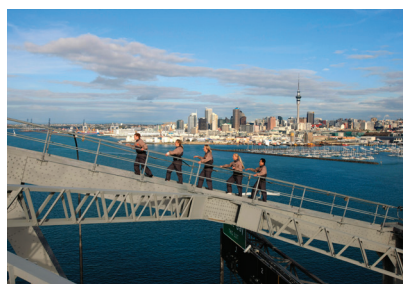
Lifestyle Medicine promotes prevention, early intervention, self-management, modification, and dare we say it, even reversal of some chronic conditions. Let us re-inspire your practice at this special event!



We looking forward to meeting you in Auckland in June!

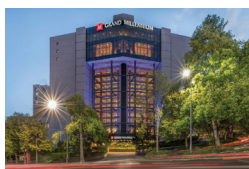
**Dr Sam Manger.**  
President, ASLM  
MBBS, BSc, FRACGP, FASLM

## Say Kia Ora to the beauty of New Zealand



Nestled between two harbours in New Zealand's North Island, Auckland is a vibrant city, diverse in both culture and landscape.

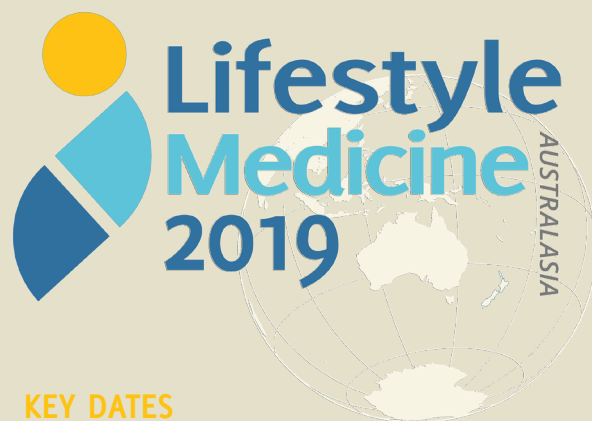
You can explore bays, beaches, harbours, islands, vineyards and more in New Zealand's largest city, with popular attractions including the Sky Tower, Rainbows End, MOTAT Museum, Auckland Botanic Gardens, Kelly Tarlton's Underwater World, Rangitoto Island and Waiheke Island.



### GRAND MILLENNIUM HOTEL

Situated in the very heart of cosmopolitan Auckland, the Grand Millennium is nearby to some of the city's finest dining, shopping and entertainment venues.

So while you're there, be sure to spend some time taking in the atmosphere and the natural wonders on the doorstep of this international city!



### KEY DATES

- 17 February Scientific abstracts (oral & posters) Round 1 closes
- 25 Feb Draft program released
- 28 Feb Early bird discount ends (check the website for any changes)
- 28 Apr Scientific abstracts (posters only) Round 2 closes
- 6 May Final program released

### DAYS & SESSIONS *(One day registrations avail)*

- Fri 7 June **Pre-Conference workshops**  
10am - 5.30pm
- Fri 7 June **Opening night special event**  
'Brain & Biome'  
6pm - 9pm
- Sat 8 June **Main Conference day 1**  
9am - 6pm
- Sat 8 June **Gala dinner & dance**  
7pm - 11pm
- Sun 9 June **Main Conference day 2**  
8am - 5pm

### BOARD EXAM *(International Board Certification)*

- Mon 10 June **IBLM Board Exam**  
9am - 1pm

### CPD/CME POINTS

- ✓ RACGP QI&CPD points  
*(Category 1 points for Pre-Conf. workshops)*
- ✓ RNZCGP MOPS points
- ✓ ACRRM PDP points
- ✓ CPD/CME points for most allied health

### SPONSORSHIP

Opportunities to sponsor and exhibit at the Conference are expected to sell out. If you are interested in sharing your services, products, resources or tools with 350-400 engaged health professionals, and with our wider audience, please enquire for a copy of the prospectus.

### ENQUIRES

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