

# 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

**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 Meighem

**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**  
PAN International

**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  
Adam Jarubas (MEP)

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

### LIFESTYLE MEDICINE WORKSHOPS

**Mediterranean Diet Made Easy**  
Culinary/cooking demo

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

**Extra Virgin Olive Oil Sensory Testing - Could You Be a Sommelier?**  
Assoc. Prof. Anamarija Jurčev Savičević, MD, PhD & Asst. Prof. Zlatka Knezović, PhD, ing. of Chemistry

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

**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

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Group

11.00

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12.45

CLOSING REMARKS AND  
SYMPOSIUM CLOSE

A BIG THANKS TO OUR  
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12  
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