

Lifestyle Medicine CPD Approved Pathway

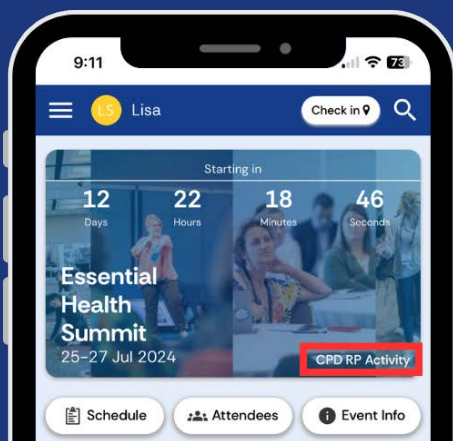
Approved by **RACGP**, **ACRRM**, and **AMA CPDHome**, this CPD Activity offers General Practitioners and medical doctors the opportunity to earn **22 hours of Educational Activities (EA)** and **2 hours of Reviewing Performance (RP)**. For ASLM to report your hours to your dashboard, participants must choose from the following Lifestyle Medicine sessions:

Day 1		Thursday, 25 July			
7.30am	Registration and Exhibition Open				Hall M-O
9.00-10.30am	Panorama 1 Managing Complexity Under Time Pressure	Panorama 2 Shared Medical Appointments	Riverbank Rooms 6, 7, 8 Culinary Medicine Masterclass: Eat to Beat Heart Health		
10:30am	Morning Tea				Hall M-O
11.00-12.30am	Panorama 1 Assessing Metabolic Health using Digital Technologies	Panorama 2 The Mental Fitness Project	Riverbank Rooms 6, 7, 8 Culinary Medicine Masterclass: Eat to Beat Heart Health		
12:30pm	Lunch				Hall M-O
	Panorama 1 Dancing with Lions	Panorama 2 Masterclasses Coaching for Health Professionals			
3:00pm	Afternoon Tea				Hall M-O
	Panorama 1 Pathways to Wellness: A Social Prescribing Experience	Panorama 2 The Role of the Endocannabinoid System in Promoting Health			
5:00-6:00pm	Welcome Networking Event				Hall M-O
Day 2		Friday, 26 July			
6:45am	Guided Walk with Heart Foundation Walking				
7:00am	Registration and Exhibition Open				
7:00am-7.45am	ASLM Wellness Activity - Breathwork with Kym Burls				
8:30am	Movement Break				
9:00am-10.30am	Joint Opening Plenary – APNA & ASLM – Future Health Fit for Purpose				Hall L
10:30am	Morning Tea				
11:00am-12:00pm	Panorama 2 Utilising the Power of Exercise	Panorama 3 Non-Responders (Precision Medicine/AI /Tech) Dr Cameron McDonald (PhD), Precision Health Alliance	L3 Shared Medical Appointments - Toolkits and Tips	City Room 1 Workshop Exploring Utilisation of Team-based Care to Support Patient Centred Lifestyle	City Room 4 Actioning Health Behaviour Change Using Mindfulness and Values
12:00pm-1:00pm Speed Presentations	Panorama 1 Vulnerable Populations	Panorama 2 Age and Cognition	L2 Movement and Motion	L3 Digital Health and Virtual Care	City Room 1 Pillars of Lifestyle Medicine
12:00pm	Lunch				Hall M-O
2:00pm-3:00pm	Panorama 1 That Which Doesn't Kill You Makes You Stronger - The Role Of Hormetic Stressors in Health & Longevity	Panorama 2 Innovators and Entrepreneurs: Business Models in Lifestyle Medicine Part 1	Panorama 3 We Need to Examine the Language of Medicine	L2 The Stress Reduction Tool At Your Fingertips - Tapping EFT	L3 Continuous Glucose Monitoring in Clinical Practice
3:00pm	Afternoon Tea				Hall M-O
3:30pm-4:30pm	Panorama 1 Primary Care Sleep Health & Insomnia Skill Building Session	Panorama 2 Pearls and Pitfalls - Candid Conversation on Lifestyle Medicine Implementation	City Room 1 Sleepless Studies and Success Stories: Navigating Challenges and Opportunities in pursuing a career in Healthcare	City Room 4 Development of a Digital Social Prescribing Pathway - The Walk Well Together Pilot	
5:00pm	Exhibition Close				Hall M-O
5:30pm-8:00pm	ASLM Excellence Awards, Fellowship Ceremony and Networking Event The Playford Hotel, North Terrace				

6:45am	Guided Walk with Heart Foundation Walking				
7:00am	Registration and Exhibition Open				
7:00am	ASLM Lifestyle Medicine Annual 5km Run ASLM Wellness Activity – Breathwork with Kym Burls				
8:00am-9:00am	City Room 1 ASLM Accreditation – Information and Networking Session				
9:00am	Movement Break				
9:30am-11:00am ASLM Concurrents	Panorama 1-2	L2	City Room 1		
	Implementing The Maudsley Deprescribing Guidelines: Using Lifestyle Medicine to Support Patient Transition to Drug Free	Technology and Healthcare	Understanding the Healthy Eating Landscape		
	City Room 2-3	City Room 4			
	Empowering Health Transformation in the Northern Territory Through Shared Medical Appointments	The Role of Allied Health Professionals in the Care Journey			
11:00am	Morning Tea				Hall M-O
11:30am-1:00pm	ASLM Plenary: Redefining Healthcare from Pills to Prowess Through Lifestyle Medicine				Hall L
1:00pm	Lunch				Hall M-O
2:00pm-3:00pm	Panorama 1	Panorama 2	Panorama 3	City Room 1	City Room 4
	Innovators and Entrepreneurs: Business Models in Lifestyle Medicine Part 2	Lifestyle Medicine in Clinical Prehab	Mental Health Prevention and How We Make a Difference	Knowledge, Attitudes and Action for Lifestyle Medicine Practice	Reducing the Risk of Burn out in Healthcare Practices
3:00pm	Joint Closing Plenary – APNA & ASLM – Bringing it Home				Hall L
4:00pm	Session Close				Hall M-O

To Receive Your 2 Hours of Reviewing Performance (RP) Activity:

Please submit your Evaluation Form and answer the extended Question 4. (Find the link in your Conference App)



Question 4: Optional Reviewing Performance (RP) Activity

To gain 2 hours of RP activity, reflect on the conference sessions you attended and provide five key takeaways, detailing how you will implement each one in your practice starting Monday. Examples may include new insights from research, application of the six pillars, social determinants of health, behaviour change, deprescribing, self-care, Lifestyle Medicine business models, digital technology, etc.



Educational Activities	Measuring Outcomes	Reviewing Performance
22	2	2
hours	hours	hours