



A S I A N S O C I E T Y O F
LIFESTYLE MEDICINE

Manila
2 0 1 8

Activity
Schedule

Day/Time	Sunday, Feb 4, 2018	Monday, Feb 5, 2018	Tuesday, Feb 6, 2018	Wednesday, Feb 7, 2018	Thursday, Feb 8, 2018
5:30am		Flex Exercises	Flex Exercises	Flex Exercises	
6:00am		Aero and/or Breakfast	Aero and/or Breakfast	Aero and/or Breakfast	
7:00am					Pre-Board Orientation
8:00am		Standards of Lifestyle Medicine George Guthrie	Lifestyle Medicine Practice Models Wayne Dysinger – 2020	Reversing Diabetes George Guthrie	IBLM Board Exam
9:15am		Lifestyle Medicine Curriculum Development Wayne Dysinger	Creating and Sustaining an LM Organization George Guthrie – 2020	Health and Wellness (H & W) Coaching Michael Arloski	
10:15am		Break	Break	Break	
10:30am		The Latest in Nutrition Research: Michael Greger	Intensive Therapeutic Lifestyle Change Programs - Hans Diehl	H & W Coaching Workshop Michael Arloski	
11:15am					
12:00noon		Lunch	Lunch	Lunch	
1:00pm	Registration	LM Research Workshop Jenny Lee/James Wu Tower Ballroom A Developing Training Models in Lifestyle Medicine (Workshop) Herb Giebel/Samuel Hansdak Tower Ballroom B	Creating and Sustaining an LM Organization Workshop George Guthrie/Dexter Shurney – 2020	Forgive to Live Hans Diehl	CHIP Facilitators' Training until Friday afternoon, The Bellevue Manila
2:00pm	Pre-Conference Nutrition Lecture and Workshop:	CHIP Paul Rankin 2020 – Room B	Break	Closing	
2:15pm	Food as Medicine/A Tool to Promulgate Healthy Lifestyle	Smoking Cessation (SC) Andy Ng/Rabin Chacko 2020 – Room B	Mind-Body Medicine Siva Poobalasingam – 2020		
3:00pm	Change/Honing Your Kitchen Skills & Creativity	Cultural Hurdles in Lifestyle Medicine Organization and Practice Zeno L. Charles-Marcel	Break		
3:15pm	Johann Kim Manez/Edward Ho/Suzanne Glez Manez – 2020 Room A	Fitness in Lifestyle Medicine Ingrid Edshteyn	LM Research Workshop Jenny Lee/James Wu – 2020 Room A	Wellness Tour at the Nurture Wellness Village (overnight stay) or Board Review (Logistics not Content) Wayne Dysinger at The Bellevue Manila	
4:00pm	SC Workshop 2020 – Room B		Developing Training Models in Lifestyle Medicine (Workshop) Herb Giebel/Samuel Hansdak – 2020 Room B		
4:15pm					
5:00pm	Opening Dinner with Cory Quirino – Tower Ballroom		5K Fun Run		
5:15pm		Gala Dinner with Dr. T. Collin Campbell interviewed by Dr. Hans Diehl w/ special participation of – Mrs. Lily Pan-Diehl			
5:30pm					
6:30pm					
7:00pm	Forks Over Knives – Tower Ballroom A Eating You Alive – Tower Ballroom B		Dinner/ASLM Business Meeting		