

DESCRIPTION OF THE WORKING GROUPS AND ATELIERS



Trainer: Robert Kelly

WG Title: *Integrating lifestyle medicine into Cardiology Practice*

Short description of the workshop WGA1:

Learning Objectives:

1. Understand how cardiology and lifestyle medicine align
2. Lifestyle pillars and improving heart health
3. My small steps approach to help patients change unhealthy heart habits and transform their heart health.



Trainer: Georgeta Vaidean

WG Title: *Skills for Critically Reading a Research paper in Lifestyle Medicine*

Short description of the workshop WGA2:

The workshop aims to introduce learners to the principles of critically reading a clinical research paper in Lifestyle Medicine and to build practical skills on how to evaluate a paper's credibility and how to apply research findings to Lifestyle Medicine practice.

At the end of this workshop, learners will be able to:

- Define and contrast basic research designs commonly used in Lifestyle Medicine studies
- Use a rapid method to scan and summarize a paper using the PICO format
- Describe major threats to the validity of a study



Trainer: Monica Duraes

WG title: *Breaking the Habit: Empowering Physicians to Lead Smoking Cessation Efforts*

Short description of the workshop WGA3:

This interactive workshop focuses on integrating Lifestyle Medicine principles into smoking cessation strategies. Participants will work in small groups to discuss and develop practical approaches for a clinical case, utilizing tools like motivational interviewing and addressing key lifestyle factors such as nutrition, physical activity, stress management, and sleep.

Objectives:

- Apply Lifestyle Medicine's pillars to create personalized smoking cessation plans.
- Practice motivational interviewing techniques to address patient ambivalence.
- Collaborate in group discussions to enhance practical skills in patient-centered care.



Trainer: Anca Hancu

WG Title: *Anca Hancu's Lifestyle Medicine Consultation*

Short description of the workshop WGA4:

As coordinator of the first lifestyle medicine network centers, Dr. Hancu will introduce us into the practical aspects of the practice in the clinic.

3 practical objective of the workshop:

1. Nutritional status evaluation of the patient
2. How to prepare a personalised meal plan
3. The personalisation of the physical activity recommendations



Trainer: Hanna Ballout

WG Title: *How to approach sexual health in a primary care consultation*

Short description of the workshop WGB2:

- Propose a consultation framework allowing a non-judgmental approach to sexuality.
- Exchange tools and good practices related to the health of LGBTQIA+ people
- Empower the front line to better address sexual health issues.



Trainer: Kristal Lau

WG Title: *The role of matrescence and patrescence in sexual health and lifestyle medicine*

Short description of the workshop WGB3:

Many mothers and fathers today are raising their children while re-parenting their inner child by breaking cycles of generational trauma. They're also challenging harmful narratives around parenthood and social norms around gender. This can be emotionally and mentally challenging which can affect parents' physical health and resilience - including how they engage with their children. This workshop gives you the tools to adapt your lifestyle medicine (LM) consultations to "speak their language", so that you can help parents build a solid foundation for the rest of their Matrescence and Patrescence - helping them parent with confidence!

Objectives of the Workshop:

- Dive deeper into the health and social challenges during Matrescence and Patrescence: Learn about frameworks that can guide your LM consultations for parents
- Learn strategies around creating SMART health goals that aligns with the reality of parents to increase their satisfaction and sense of success
- Learn about The Mother Generated Index (MGI) - a validated subjective quality of life tool that can be a metric to guide the efficacy of your LM consultations for mothers



Trainer: Aleksandra Pikula

Workshop title: *Challenging Times: Brain Health starts with Brain Care with Prof. Dr. Aleksandra Pikula*

Short description of the workshop WGC1:

This workshop emphasizes pragmatic holistic approaches to maintaining brain well-being through objective measurements of physical, mental, and social factors. It highlights simple yet significant steps towards self-care and self-coaching for both practitioners and their patients.

Participants will learn how:

1. to objectively measure the brain care factors - individual or a group activity
2. to integrate the measured results into daily routines - a group activity
3. to optimize self-brain-care at work (for patients/clients) and at home (for themselves/family) - a reflective group activity

This workshop underscores the interconnectedness of lifestyle choices and brain health with tangible, evidence-based approaches.



Trainer: Eleni Prifti

WG Title: *Small Changes, Big Impact: Practical Tools to Reduce Toxic Exposures*

Short description of the workshop WGC2:

In this workshop, participants will learn practical ways to reduce toxic exposures by making simple changes in their diet, personal care choices, and home environment. By the end of the session, you'll be equipped with easy, effective strategies to lower exposure to harmful chemicals in your everyday life and your clients'.

Objectives:

- Learn practical tools to reduce toxic exposures through food choices, food packaging, and cooking utensils.
- Discover how to identify safer personal care products.

- Implement simple changes in the home environment that have a significant impact on reducing toxic exposures.



Trainer: Thiago Guimarães Osório

WG Title: *Is Exercise a Magic Pill for Longevity?*

Short description of the workshop WGC3:

This workshop takes a critical look at the popular claim that exercise guarantees a longer life. Entitled "Is Exercise a Magic Pill for Longevity?", the session provides an in-depth analysis of the necessity for regular physical activity, exploring various exercise modalities tailored to individual health objectives. Participants will gain skills in monitoring exercise intensity and creating a comprehensive activity schedule to realize their wellness goals. Additionally, the workshop will offer insights into the beneficial outcomes of regular exercise, identify possible challenges, and discuss strategies to counteract any adverse effects, equipping attendees with a strategic approach to integrating exercise into a long-term health regimen.

Practical Objectives:

- *Question:* Explore the scientific basis for exercise as a longevity enhancer, examining both supporting and contradictory findings.
- *Discern:* Learn to differentiate between various exercise modalities and their specific impacts on aging and healthspan.
- *Evaluate:* Weigh the positive, neutral, and potential risks of exercise to make informed decisions for your individual needs.



Trainer: Doina Todea

Workshop title: *The sleep as integrative cornerstone of lifestyle medicine*

Short description of the workshop WGD1:

Sleep disturbances encompass a wide variety of diseases, starting from disorders of maintaining and initiating sleep to excessive somnolence, parasomnias and sleep-wake cycle disturbances.

This workshop aims to frame the screening, diagnosis and management of sleep disturbances, with an accent on obstructive sleep apnea, a prevalent disease worldwide which determines a great morbidity and mortality through cardiometabolic comorbidities. Moreover, this course will characterize the quality of sleep, by assessing the duration, the impact of interruptions and also the timing of a good quality sleep, parameters that are important for the overall individual health.

By this workshop we aim to highlight the importance of sleep as a cornerstone of lifestyle and to bring in front the importance of an accurate and personalized diagnosis.



Trainer: Benno Krachler

Workshop title: *How to structure a lifestyle medicine consultation in patients with (non-psychiatric) mental health challenges.*

Short description of the workshop WGD2:

Mental health challenges are common, both as consequences and comorbidity of suboptimal lifestyle-situations. A properly structured initial consultation can increase awareness of their importance for both patient and practitioner. That awareness will increase possibility of adequately meeting the patient's needs. The objectives of the current workshop are:

- Increase awareness of the most common lifestyle-related mental health challenges
- Ability to adapt lifestyle interventions to mental health challenges
- Ability to identify mental health challenges that require psychiatric care



Trainer: Andrée Rochfort

WG Title: *Lifestyle medicine for your clients who are physicians*

Short description of the Workshop WGD3:

Do you know health professionals who personally experienced the benefits of lifestyle medicine coaching, through implementing evidence-based improvements in their own lifestyles?

This workshop will explore the challenges and benefits of engaging physicians in lifestyle medicine as clients and practitioners:

1. by first recognising the personal gain from attending a lifestyle medicine practitioner themselves
2. by developing competencies in evidence-based lifestyle medicine and delivering interventions in their own clinical work
3. by gaining confidence to refer their patients to lifestyle medicine practitioners when they do not have time or capacity to provide the services themselves



Trainer: Ioannis Arkadianos

WG Title: *Obesity Treatment through Lifestyle Interventions*

- the first visit of a patient with obesity: diagnostic steps
- the lifestyle interventions proposed
- interesting clinical cases from my practice to discuss

Short description of the workshop WGD4:

Obesity is undoubtedly a lifestyle related disease and is a serious problem in our time which is reaching epidemic proportions.

The long - more than 30 years - clinical experience in obese patients of Dr. Arkadianos will be the base of this workshop.

In this workshop, we will teach:

- How to approach the obese patient during the first visit to the Physician's Practice/Clinic and the diagnostic steps that should be followed.
- The therapeutic treatment methods proposed and based on interventions on the patient's lifestyle will be presented.
- Finally, interesting clinical cases from the Clinic of Dr. Arkadianos will be presented, and the participants will discuss the specificity of each clinical case.



Trainer: Aspa Kandyli

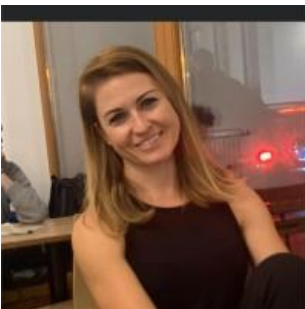
WG Title: *How to increase your visibility in social media*

Short description of the workshop WGE2:

In this workshop, you will learn to identify the educational goals and communication tools that resonate most with your work and can help you build a trustworthy and effective online presence for yourself as a professional or for your practice.

Objectives:

1. To identify what really matters when designing a social media presence
 2. To learn the most effective tools to educate your audience and keep them coming back for more
 3. To learn common traps to avoid that cost you valuable time and effort.
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Trainer: Pelagia Petraki Kavvadia

WG Title: *Motivational Interviewing - enhancing self-efficacy*

Short description of the workshop WGE3:

Self-efficacy plays an exclusive role in lifestyle prescription since it is the factor that in the end can determinate the outcome in the context of behavioral change.

Practitioners often face the challenge of the Individual's willingness to perform a new behavior by having low confidence in their abilities to change.

During the workshop we will be able to identify paths of building confidence as we practice the concept of "meeting the patient where he/she is" while we can also reflect our own (practitioners') ability to help the patient in exploring solutions.



Trainer: Elizaveta Kuznietsova

WG Title: *Lifestyle Medicine support during antidepressants discontinuation*

Short description of the workshop WGE4:

Antidepressants therapy (AD) indication and discontinuation is a complex problem due to high level of depression in EU and globally and easiness of AD prescription. The aim of this workshop is to find a balance between AD therapy and Lifestyle Medicine approach, not to stigmatize any type of therapy or condition. We will discuss a case study patient who decided to improve her lifestyle to make process of AD discontinuation pass easily. We will observe this case for several practical objectives:

- to improve expert's critical thinking for lifestyle intervention and understanding the timing of the process;
- to discuss decision-making process for possibility of lifestyle medicine intervention;
- to adapt lifestyle medicine intervention for patient's needs.

An unexpected outcome and your attempt to solve it in practice are expecting you.



Trainer: Godfrey Grech

WG Title: *Lifestyle interventions to restore Intestinal and Immune function*

Short description of the workshop WGF1:

Practical objectives of Workshop:

1. Program Integration: Beat chronic inflammation
 2. Be innovative to engage stakeholders
 3. Setting up an offer / partnership in Lifestyle Medicine
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Trainer: Sunil Kumar

WG Title: *Practical Nutrition Strategies for Lifestyle Medicine Physicians*

Short description of the workshop WGF2:

This hands-on workshop equips lifestyle medicine physicians with practical nutrition strategies to enhance patient outcomes. Participants will explore evidence-based approaches for integrating nutrition into their practice, focusing on sustainable dietary changes and patient motivation techniques.

Objectives:

1. Develop skills to conduct efficient nutrition assessments and create personalised meal plans for common lifestyle-related conditions.
2. Learn effective communication strategies to overcome patient barriers and increase adherence to dietary recommendations.
3. Master the implementation of simple, actionable nutrition interventions that can be easily incorporated into busy clinical settings.

Join us to revolutionise your approach to nutrition in lifestyle medicine and drive meaningful patient transformations.



Trainer: Adnan Awad

WG Title: *How to create an efficient SMART in a lifestyle medicine consultation*

Short description of the workshop WGF3:

During the lecture Participants have learned about the history and theory of the SMART goal, in the workshop we will practice SMART goal

Through an example from a patient or one of the participants. We will review it and try to make it as practical and scientific as possible.

At the end of the workshop you will able to:

- Create a SMART goal for yourself and others
- Review, adjust and give feedback for others in their SMART goals according to their needs
- Gain the ability to connect that with their goal vision, values and plans



Trainer: Aikaterini Zacharopoulou

WG Title: *How lifestyle interventions are useful in addictions*

Short description of the workshop WGF4:

Here are three practical lifestyle interventions that can help combat addiction:

1. **Structured Routine/Time Management:** Creating a daily routine helps reduce idle time, which can be a trigger for addictive behaviors. Planning your day with specific tasks, work, exercise, social activities, and relaxation can bring a sense of control and purpose, reducing the likelihood of relapse.
2. **The Emotions Wheel** is a tool designed to help you identify and better understand your emotions.
3. **Support Networks and Social Engagement:** Building and maintaining a strong support system is critical for addiction recovery. Participating in group therapy, engaging with a community of people who understand the challenges, or maintaining strong relationships with family and friends can provide encouragement, accountability, and emotional support.

I could then show in the workshop a small group therapy session, where Truth telling, Vulnerability and the use of the emotional wheel is practiced.



Trainer: Ellen Rabaey

Atelier Title: *The practice of fermentation in Lifestyle Medicine*

Short description of the atelier:

This workshop will introduce learners to the principles of fermentation and its health benefits in Lifestyle Medicine. Attendees will explore the biological processes underlying fermentation, the impact of fermented foods on gut health and immunity, and the role of fermentation in sustainable diets. Through practical exercises, participants will learn key skills in creating and incorporating fermented foods into daily practice, enhancing patient dietary options for wellness and health promotion.

At the end of this workshop, learners will be able to:

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1. Describe the basic biological principles and health benefits of fermentation.
 2. Demonstrate practical skills for safely fermenting common foods.
 3. Identify ways to integrate fermented foods into Lifestyle Medicine for patient health outcomes.
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Descriptions for all the following WG and ateliers will be updated as they become available



**DEVELOP
PRACTICAL SKILLS**



**WELL-BEING
ATELIERS**



**CONNECT & EXPERIENCE
THE UNIQUE VIBE OF BRUSSELS**