Obesity rates continue to climb at an alarming rate in the United States and many other developed countries. Rates of related medical conditions such as type 2 diabetes, metabolic syndrome, sleep apnea, hypertension and osteoarthritis are also on the rise. This two-day educational event will focus on ways to create effective and lasting impacts on these types of health problems through the science and practice of lifestyle medicine.

About Lifestyle Medicine
Lifestyle medicine is the use of therapeutic lifestyle interventions in the treatment and management of disease. Lifestyle interventions are intentional therapeutic changes in lifestyle choices, including things such as tobacco use, diet, activity and attitude. Lifestyle factors are widely recognized as risk factors with powerful potential to prevent disease. However, recent science has shown they also have significant therapeutic effects on existing disease. In a society where chronic conditions are becoming the norm, lifestyle interventions represent the most potent interventions over the lifespan because they treat the underlying causes of illness, not just symptoms. This conference will present the science supporting these conclusions, as well as examples of evidence-based interventions to implement the science.

Conference Objectives
The conference is intended for physicians. Other healthcare providers, educators, scientists, and anyone with an interest in the management and prevention of major illnesses may also benefit and are encouraged to attend.

Upon completion of the conference, participants will be able to:
- Discuss ways to collaborate with other professionals to enhance health improvement in individuals and groups.
- Identify evidence-based lifestyle interventions to treat obesity and chronic disease.
- Demonstrate ways to design exercise/activity programs that model health practices and assist patient change.
- Explain how to help patients identify and act upon health change goals.
Speakers:
Joel Fuhrman, M.D., established the Center for Nutritional Medicine, renowned speaker and author (Eat to Live) in Lifestyle Medicine
Linda Smith, P.A., Director of Professional & Public Programs, Duke Integrative Medicine, certified health coach, chief medical editor for The Duke Encyclopedia of New Medicine: Conventional and Alternative Medicine for All Ages
Jon Seskevich, R.N., nurse clinician, Duke University Medical Center, member of Duke Hospital’s Advanced Clinical Department’s Stress Management Consult Team, numerous publications/presentations on stress management
John Kelly, M.D., M.P.H., founder of the American College of Lifestyle Medicine (ACLM), director of the Lifestyle Health Center in Rocky Mount, VA
Rick Seidel, Ph.D., associate professor of Psychiatry, VTC School of Medicine, director of Research, Department of Psychiatry and Behavioral Medicine, Carilion Clinic
Michael Jeremiah, M.D., associate professor of Family Medicine, VTC School of Medicine and Medical Director of the Carilion Clinic Family Medicine Residency Program
Del Bolin, M.D., associate professor – Division of Sports Medicine at the Edward Via Virginia College of Osteopathic Medicine, head team physician Radford University, member of the Via Wellness Committee
Allison Bowersock, M.S., CSCS, program director, clinical coordinator and assistant professor, Health and Exercise Sciences Program at the Jefferson College of Health Sciences
The conference planning committee: Michael Jeremiah, M.D., Nancy Miscko, M.D., Richard Truxillo, D.O., Rick Seidel, Ph.D., Dedria Tuck, RN, Cindy Neathawk, RN, Lynne Lewis and Evonne Toliver have reported no financial conflicts of interest.

Registration Information:
To register, please call 800-422-8482
Tuition and Fees
Registration: $225 per day; $325 for the entire conference lunch included. Please call 800-422-8482 for pricing if you are a full time student, Roanoke College faculty or Carilion employee.

Conference Agenda
Friday, October 7
8:30 a.m. Keynote: Joel Fuhrman, M.D. Eat to Live: breaking the food addiction
9:30 a.m. Plenary One: John Kelly, Jr., M.D., M.P.H. Corporate Wellness Using the C.H.I.P. Model
10:30 a.m. Break
10:45 a.m. Plenary Two: Linda Smith, P.A. Integrative Health Coaching
11:45 a.m. Lunch
1 p.m. Plenary Three: Rick Seidel, Ph.D. Love the Grind: creating performance excellence
2 p.m. Plenary Four: Allison Bowersock, M.S., CSCS Exercise Prescriptions
3:15 p.m. Break
3:30 p.m. Breakout Sessions: Joel Fuhrman, M.D. – Micronutrient Balance
Linda Smith, P.A. – Coaching mini-workshop
Allison Bowersock, M.S., CSCS – Exercise Rx mini-workshop
4:30 p.m. Panel Discussion: Collaborative Wellness
Linda Smith, P.A. John Kelly, M.D., M.P.H. Dedria Tuck, RN. Michael Jeremiah, M.D., moderator
5:30 p.m. Adjourn
7 p.m. General Public/Resident/Student Presentation: Joel Fuhrman, M.D.

Saturday, October 8th
8:30 a.m. Plenary Five: Michael Jeremiah, M.D. Teaching Wellness
9:30 a.m. Keynote: Joel Fuhrman, M.D. Winning the War on Cancer
10:30 a.m. Break
10:45 a.m. Plenary Six: Jon Seskevich, R.N. Stress Management for Patients, Providers and Staff
11:45 a.m. Lunch
1 p.m. Plenary Seven: Del Bolin, M.D. Microscopic & Macroscopic Implications of Exercise & Inactivity
2 p.m. Breakout Sessions: Jon Seskevich, R.N. – Stress Reduction – mini-workshop
Del Bolin, M.D. – Finding ways to “Walk the Talk”
Rick Seidel, Ph.D. – Where’d My Motivation Go?—I had it here someplace
3:15 p.m. Break
3:30 p.m. Plenary Eight: Joel Fuhrman, M.D. Disease-Proofing Your Child
4:30 p.m. Panel Discussion: Collaborative Wellness
Michael Jeremiah, M.D.
Jon Seskevich, R.N.
Joel Fuhrman, M.D.
Rick Seidel, Ph.D., moderator
5:30 p.m. Adjourn

Conference Location and Information
Roanoke College
Colket Center
221 College Lane
Salem, VA 24153

Hotel and Direction Information
Comfort Suites, 100 Wildwood Road, Salem, VA 24153, 540-389-7171
Holiday Inn Roanoke, 3315 Ordway Drive, Roanoke, VA 24017, 540-362-4500