



# 7 STEPS TO START A LIFESTYLE MEDICINE INTEREST GROUP

1

DECIDE IF YOU ARE DEDICATED TO LIFESTYLE MEDICINE AND CAN REPRESENT THE FIELD



2

FIND A SUITABLE FACULTY MEMBER WHO IS LIKEWISE DEDICATED TO LIFESTYLE MEDICINE



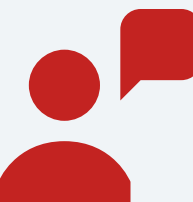
3

IDEATE AND DRAFT A WELL WRITTEN PLAN FOR YOUR GROUP



4

FIND FOUR FACULTY, CLINICIANS, OR LM PRACTITIONERS THAT COMMIT TO GIVING A TALK TO THE LMIG



5

COMPLETE THE ACLM DONALD A. PEGG STUDENT LEADERSHIP AWARD APPLICATION ONLINE AND INCLUDE YOUR CV



6

APPLICATIONS WILL GO THROUGH A REVIEW PROCESS BY THE ACLM AWARDS COMMITTEE TO DETERMINE WINNERS



7

WINNERS RECEIVE A STIPEND TO TRAVEL TO THE ANNUAL LM CONFERENCE TO BE RECOGNIZED AND A SMALL SEED GRANT TO HELP START THE GROUP



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