



LIETUVOS RESPUBLIKOS  
SVEIKATOS APSAUGOS MINISTERIJA



## Fourth International Lifestyle Medicine Conference in Lithuania

### LIFESTYLE MEDICINE Solution for Prevention and Reversion of Chronic Diseases

22 March 2018

Lithuanian University of Health Sciences (LSMU)

Educational laboratory

Z. Januškevičiaus auditorium, Eivenių g. 4, Kaunas

### CONFERENCE PROGRAMME

09:00 – 10:00 **Registration**

10:00 – 11:00 **Interactive conference opening**

Vytenis Povilas Andriukaitis, Dr. European Commissioner, responsible for Health & Food safety

Aurelijus Veryga, Lithuanian Minister of Healthcare

Ramunė Kalėdienė, professor, Dean of Faculty of Public Health at LUHS MA

Vilius Jonas Grabauskas, professor emeritus at LUHS MA

11:00 – 11:30 **International Lifestyle Medicine community. Lithuania – Lifestyle Medicine epicenter in Europe**

*Stefan Herzog, International board of lifestyle medicine, Executive director (USA)*

11:30 – 12:00 **Epigenetics and Lifestyle Medicine: You cannot have one without the other**

*John Kelly, PhD, MD, Adjunct Faculty Preventive Medicine, Loma Linda University (USA)*

12:00 – 12:30 **Lifestyle Medicine - a tool for improving population Health- the Ras al Khaimah (UAE) experience**

*Adrian Kennedy, Professor, Director Arabian Wellness & Lifestyle Management LLC (UAE)*

12:30 – 13:00 **I Session Questions & Discussion**

*Stephan Herzog, John Kelly, Adrian Kennedy*

13:00 – 14:00 **Lunch break**

14:00 – 14:30 **Physical (in) activity: embracing a healthy lifestyle**

*Agnė Slapšinskaitė, PT, Ph.D, University of Barcelona (ESP); Lithuanian University of Health Sciences (LT)*

14:30 – 15:00 **The Chronic Disease Solution. From Allopathic Medicine to Lifestyle Medicine**

*Hans Diehl, PhD, Clinical professor of preventive medicine at Loma Linda University*

15:00 – 15:30 **Whole food, Plant-based diets for a healthier life**

*Brian R. Clement, PhD, Hippocrates Health Institute.*

15:30 – 16:00 **II Session Questions/Discussion**

*Agnė Slapšinskaitė, Hans Diehl, Brian R. Clement*

16:00 – 16:30 **Conference closing**