

# 5<sup>th</sup> International Conference **LIFESTYLE MEDICINE RETREAT 2024**

**Registration ends on  
30th September 2024**

## THEME

**Health Revolution: Lifestyle Medicine as  
Your First Choice for Health**

## LEARN MORE FROM EXPERTS



**Mr. Hassan Muhammad Khan**  
Chancellor, Riphah International University  
CONFERENCE PATRON IN CHIEF

## LEADERSHIP



**Dr. Shagufta Feroz**  
Founder/Chairperson - PALM / Director - RILM  
CONFERENCE CHAIRPERSON



- Main Scientific Sessions Saturday, October 5, 2024
- Hands-On Workshops: Friday, October 4; Sunday, Oct 6, 2024

## RETREAT HIGHLIGHTS:

- Inspiring & Rejuvenating Activities
- Exclusive Networking Opportunities
- Opportunity to Present Research Work
- Optional Two-Night Stay for Full Experience
- Nutritious and Delicious Meals

FOR REGISTRATION GO TO THE WEBLINK OR SCAN QR CODE



<https://lmic.riphah.edu.pk>



**MARK YOUR CALENDAR**  
**October 4th to 6th, 2024**



**HIGHLAND COUNTRY CLUB & RESORT**  
Pir Sohawa Road, near Islamabad.

Organized with the Collaboration of  
**Riphah Institute of Lifestyle Medicine (RILM) & Pakistan Association of Lifestyle Medicine (PALM)**



For more details please call +92 3475387620 or email: [info.palmpk@gmail.com](mailto:info.palmpk@gmail.com)

5<sup>th</sup> International Conference

# LIFESTYLE MEDICINE RETREAT 2024

**BASIC REGISTRATION: RS. 7,000**  
**IN PERSON / ONLINE**



## THEME

**Health Revolution: Lifestyle Medicine as Your First Choice for Health**

We welcome all doctors, other health practitioners and our lifestyle medicine community to participate in this incredible event.

**Friday**

**4th October 2024**

**3:00 PM – 6:00 PM**

**Expert-Led Workshop:**  
Clinical Implementation  
of Lifestyle Medicine  
into Practice

### Network and Dine:

An evening of connection and  
cuisine. 6:30 PM – 9:00 PM

**Coupons available on-site for  
Rs. 4,000 per person**

**MAIN CONFERENCE DAY**

**Saturday**

**5th October 2024**

**9:00 AM – 05:00 PM**

- Stay updated with cutting-edge scientific sessions led by national and international experts.
- Enjoy rejuvenating and inspiring day activities with Lunch included.
- Complimentary transportation from Islamabad and Rawalpindi, with pick-up points at Riphah University G7 Campus Islamabad and IIMC, Rawalpindi, on the main conference day.

### Lifestyle Medicine Gala & Gourmet

Evening 6:30 PM – 9:00 PM

**Coupons available on-site for  
Rs. 4,000 per person**

**Sunday**

**6th October 2024**

**9:00 AM – 11:30 AM**

**Expert-Led Workshop:**  
Revive and Thrive:  
Lifestyle Medicine in  
90 Minutes

**REGISTER NOW**

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## LIFESTYLE MEDICINE RETREAT 2024

October 4th to 6th, 2024

# WORKSHOP

ALL REGISTER PARTICIPANTS CAN JOIN

## CLINICAL IMPLEMENTATION OF LIFESTYLE MEDICINE INTO PRACTICE

**FRIDAY,  
4TH OCTOBER, 2024  
4:00 PM- 6:00 PM (PKT)**

### HIGHLAND COUNTRY CLUB & RESORT

Pir Sohawa Road, near Islamabad.



**Dr. Shagufta Feroz**

MBBS, MCPS, specialized in Family Medicine, Holistic Nutrition, Lifestyle Medicine and Integrative Medicine

- Founding President, (PALM)
- Director, RIPHAAH Institute of Lifestyle Medicine.
- Founder, SWIPE.
- Pioneer of the Happiness Movement in Pakistan

### AIMS

- To integrate lifestyle medicine into clinical practice effectively.
- To enhance knowledge of lifestyle interventions for chronic disease management.



**Dr. Jasdeep Saluja**

MD, FRCPC, Dip.ABLM and ABOM.  
Medical Director, Co-Founder Aroga  
Lifestyle Medicine Canada.

### ELIGIBILITY

Doctors and other Health Practitioners such as Nurses, Physical therapists, Occupational therapists, Nutritionist, Pharmacists and Public Health Officials and Researchers



**Dr. Munira Abbasi**

- MD, Diplomate of the American Board of Internal Medicine, Endocrinology and Metabolism and Lifestyle Medicine
- Faculty Adjunct Riphah Institute of Lifestyle Medicine (RILM) - Vice President PALM.
- Founder of 'Nurturing Our Health'

### OBJECTIVES

- Define core lifestyle medicine components.
- Apply lifestyle interventions in patient care.
- Utilize tools for outcome monitoring.
- Practice patient engagement techniques.

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**LIFESTYLE  
MEDICINE  
RETREAT 2024**  
October 4th to 6th, 2024

# WORKSHOP

ALL REGISTER PARTICIPANTS CAN JOIN

## REVIVE AND THRIVE: LIFESTYLE MEDICINE IN 90 MINUTES

**SUNDAY,  
6TH OCTOBER, 2024  
9:00 AM- 10:30 AM (PKT)**

**HIGHLAND COUNTRY  
CLUB & RESORT**

Pir Sohawa Road, near Islamabad.

**FACILITATOR**



**Dr. Fatima Ehsan**

- MBBS, MPhil, CHPE, LMPC, Dip.IBLM
- Professor of Physiology at IIDC, RIU
- Certified Health Coach ( Lifestyle Prescriptions University)



**Dr. Shagufta Feroz**

- MBBS, MCPS, specialized in Family Medicine, Holistic Nutrition, Lifestyle Medicine and Integrative Medicine
- Founding President, (PALM)
  - Director, RIPHAAH Institute of Lifestyle Medicine.
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**FACILITATOR**



**Dr. Munira Abbasi**

- MD, Diplomate of the American Board of Internal Medicine, Endocrinology and Metabolism and Lifestyle Medicine
- Faculty Adjunct Riphah Institute of Lifestyle Medicine (RILM)- Vice President PALM.
- Founder of 'Nurturing Our Health'

### AIMS

- Immerse participants in a highly interactive activities that highlight the core principles of lifestyle medicine
- Provide hands-on tools and techniques for integrating lifestyle interventions into daily routines and clinical practice

### OBJECTIVES

- Explore key lifestyle medicine concepts interactively.
- Enhance practical LM skills with hands-on activities.
- Develop strategies for personal and professional lifestyle integration.
- Apply insights to set goals and improve patient care and daily life.

### ELIGIBILITY

Doctors and other Health Practitioners such as Nurses, Physical therapists, Occupational therapists, Nutritionist, Pharmacists and Public Health Officials and Researchers

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