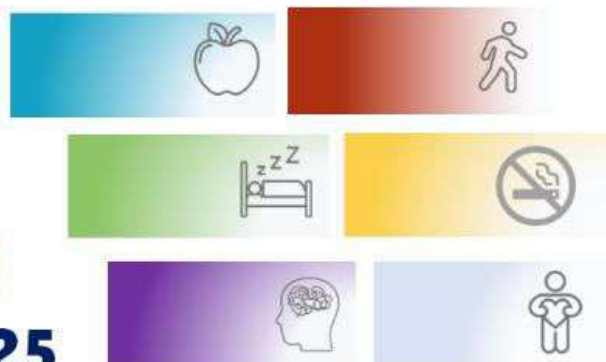


PAKISTAN ASSOCIATION OF LIFESTYLE MEDICINE  
PROUDLY ANNOUNCES PAKISTAN'S ONE AND ONLY

# 6th INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE & RETREAT 2025



## THEME

"Turning the tide on NCDs through Lifestyle Medicine - A Whole Person Approach"

## UNDER THE PATRONAGE OF



“Chronic diseases are not just managed – they are modifiable. Lifestyle medicine gives us the tools to do so.”

**Mr. Hassan Muhammad Khan**  
Chancellor, Riphah International University



“Lifestyle Medicine is about dealing with the whole person, with focus on health rather than just disease.”

**Dr. Zafar Mirza**  
Ex-Health Minister and Chair of PALM Advisory Board

## WHO CAN JOIN

Physicians, Dentists, Nurses, Pharmacists, Physical Therapists, Occupational Therapists, Nutritionists, Public Health Officials, Researchers and Medical Students



**THURSDAY 23RD OCTOBER TO  
SUNDAY 26TH OCTOBER 2025**



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



**REGISTRATIONS WILL OPEN SOON**

## ORGANIZED BY

Riphah Institute of Lifestyle Medicine (RILM) &  
Pakistan Association of Lifestyle Medicine (PALM)



For further information, please call +92 347 538 7620 or email us at [info.palmpk@gmail.com](mailto:info.palmpk@gmail.com)



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