

6th INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE & RETREAT 2025

THURSDAY 23RD OCTOBER TO SUNDAY 26TH OCTOBER 2025



HOW TO REGISTER

STEP 1: Go to <https://lmic.riphah.edu.pk> and click the “Register Now” button located in the top menu of the website.

Step 2: Click on “Create Account” to sign up.

PALM Members: Please use the same email address you used for your PALM membership to create an account. This is to ensure your eligible discount is applied.

Step 3: Enter your basic information (name, email, etc.).

Step 4: Open your email inbox and verify your email address.

Step 5: Click on “Verify Address.”

Step 6: Select “6th International Lifestyle Medicine Conference 2025”.

Step 7: Click on “Register Now.”

Step 8: Enter your required information, choose your participant type, and select either **Online** or **In-Person**. If you choose the **Online** option, **Step 9** will not be shown to you.

Step 9: Your Conference Decision Option will be automatically selected. Choose your accommodation preference: **Single Accommodation**, **Shared Accommodation** or **No Accommodation**. Select any one option or proceed with the default conference decision. If you make any changes to a selected option, be sure to “Add to Cart” so it’s reflected in your final invoice.

Step 10: If you are a PALM Member, click on “Select Discount Type”. Choose “**PALM Members**” from the dropdown. Then click on “**Apply**”.

Step 11: Check your Discount Amount and Total Amount.

Step 12: Click on “Proceed to Checkout.”

Step 13: Enter your city and zip code.

Step 14: Click on “Complete Order.”

Step 15: Click on “Bill and Payment.”

Step 16: Pay your latest bill voucher.

Step 17: Save your transaction receipt.

Congratulations! Your registration has been successfully completed.

For further information, please call +92 347 538 7620 or email us at lifestyle.med@riphah.edu.pk