

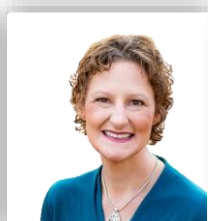
# PAKISTAN ASSOCIATION OF LIFESTYLE MEDICINE PROUDLY ANNOUNCES

# 6th INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE & RETREAT 2025

## THEME

**TURNING THE TIDE ON NCDs THROUGH LIFESTYLE MEDICINE — A WHOLE PERSON APPROACH**

## LEARN MORE FROM EXPERTS



**Dr. Michelle Tollefson**



**Dr. Nizal Sarrafzadegan**



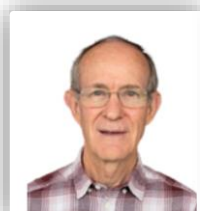
**Dr. Beth Frates**



**Dr. Liana Lianov**



**Dr. M. Munib Khan**



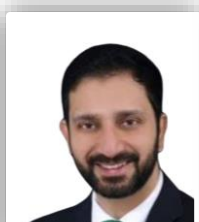
**Dr. David Glass**



**Dr. Bruno Colontoni**



**Dr. Denis Pfeiffer**



**Dr. Moien Khan**



**Stephan Herzog**



**Susan Benigas**

## WHO CAN JOIN

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



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



**REGISTER NOW** (Last date to register 5<sup>th</sup> September 2025)  
<https://lmic.riphah.edu.pk>



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

## 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)



## GUEST OF HONOUR

**Dr. Malik Mukhtar Ahmed Bharath**

Minister of State for National Health Services, Regulations & Coordination

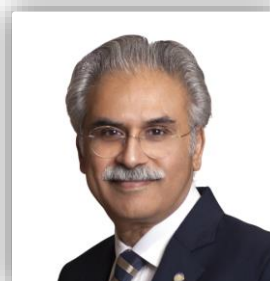


## PRESIDING GUEST

**Prof. Dr. Rizwan Taj**

President of the Pakistan Medical and Dental Council (PMDC)

## UNDER THE PATRONAGE OF



**Dr. Zafar Mirza**

Conference Chairperson



**Mr. Hassan M. Khan**

Conference Patron in Chief



**Dr. Shagufta Feroz**

Founding President PALM/Director RILM

## OBJECTIVES

- Promote Lifestyle Medicine as an evidence-based, holistic approach focused on preventing, managing, and reversing non-communicable diseases (NCDs).
- Emphasize a root-cause, whole-person approach that integrates physical, mental, and emotional health—moving beyond fragmented, disease-specific perspectives.
- Equip and inspire healthcare professionals to meaningfully integrate Lifestyle Medicine into their everyday clinical practice.
- Introduce and highlight the vital role of connectedness to nature and the environment in achieving holistic well-being.

PAKISTAN ASSOCIATION OF LIFESTYLE  
MEDICINE PROUDLY ANNOUNCES

6th INTERNATIONAL  
LIFESTYLE MEDICINE  
CONFERENCE & RETREAT 2025



THEME

TURNING THE TIDE ON NCDs THROUGH LIFESTYLE MEDICINE – A WHOLE PERSON APPROACH

REGISTRATION CHARGES

DATES	EVENTS	In- Person Attendance		Online Attendance	
		PALM Members	Others	PALM Members	Others
FRIDAY Oct 24 & SATURDAY Oct 25 , 2025 9 AM to 5 PM	CONFERENCE & RETREAT	PKR 7,000	PKR 9,000	PKR 6,000	PKR 8,000

ACCOMMODATION CHARGES (2 Nights Stay)

(2 Person SHARED Accommodation)  
PALM Members: PKR 24,000 (12,000 Per Person)  
Others: PKR 32,000 (16,000 Per Person)

(Per Person SINGLE Accommodation)  
PALM Members: PKR 24,000  
Others: PKR 32,000

WHO CAN JOIN

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

HIGHLIGHTS

- Enjoy Naturally Entrained Food – Where Every Bite is a Healthy Delight
- **Conference Registration Includes:** Nutritious lunch and tea on both conference days
  - **Accommodation Package Includes:** Wholesome breakfast, lunch, and dinner
  - **Evening Events Access (for non-staying participants):** Join us to network and dine with the Lifestyle Medicine family – dinner coupons will be available to purchase for both evenings



THURSDAY 23RD OCTOBER TO  
SUNDAY 26TH OCTOBER 2025



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# 6th INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE & RETREAT 2025

THURSDAY 23RD OCTOBER TO SUNDAY 26TH OCTOBER 2025



## HOW TO REGISTER

For the best registration experience, please use a desktop or laptop computer

**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.**

Cancellation requests will be accepted up to three weeks prior to 23rd October 2025, with a 50% refund of the actual payment.

For further information, please call +92 347 538 7620 or email us at [lifestyle.med@riphah.edu.pk](mailto:lifestyle.med@riphah.edu.pk)