

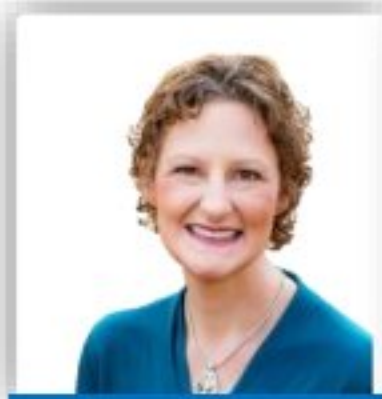
# PAKISTAN ASSOCIATION OF LIFESTYLE MEDICINE PROUDLY ANNOUNCES

## 6th INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE & RETREAT 2025

### THEME

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

### LEARN MORE FROM GLOBAL EXPERTS



Dr. Michelle  
Tollefson



Dr. Nizal  
Sarrafzadegan



Dr. Beth  
Frates



Dr. Liana  
Lianov



Dr. Mohammad  
Muneeb Khan



Dr. David  
Glass



Dr. Bruno  
Colontoni



Dr. Denis  
Pfeiffer



Dr. Moien  
Khan



Stephan  
Herzog



Susan  
Benigas



Dr. Rahat  
Ghazanfar

### 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)



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## 6th INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE & RETREAT 2025

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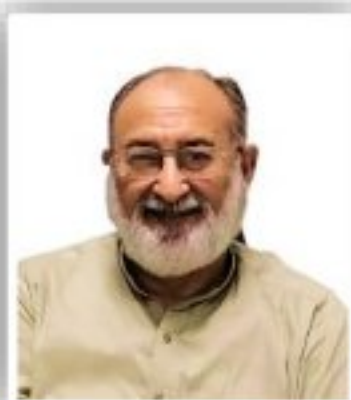
### LEARN MORE FROM NATIONAL EXPERTS



Prof. Dr. Anis Ahmed



Dr. Mowaddat Rana



Dr. Khalid Farooq Danish



Dr. Nadeem Akbar Khan



Dr. Saadia Sultana



Mr Rafiq Jaffer



Dr. Humaira Mehmood



Dr. Munira Abbasi



Dr. Tahira Sadiq



Dr. Naila Azam



Mr. Mansoor Sherwani



Dr Fozia Parveen

### WHO CAN JOIN

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



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### 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.



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# 6th INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE & RETREAT 2025

PRE CONFERENCE

## WORKSHOP

### CULINARY MEDICINE & CULINARY ARTS : BRIDGING SCIENCE AND FLAVOR



**Dr. Shagufta Feroz**

- MBBS, MCPS (Family Medicine ) Lifestyle Medicine Specialist,
- Founding President PALM
- Director Riphah Institute of Lifestyle Medicine

With Renowned Chef and Team from Lahore, Pakistan

#### WHO CAN JOIN

Physicians, Dentists, Nurses, Pharmacists, Psychologists, Physical Therapists, Occupational Therapists, Nutritionists, Public Health Officials, Researchers, Medical Students, LM community members and all who want to integrate lifestyle medicine into their life and practice.

**WORKSHOP FEES: 10,000 PKR**

Attend in Person or Online

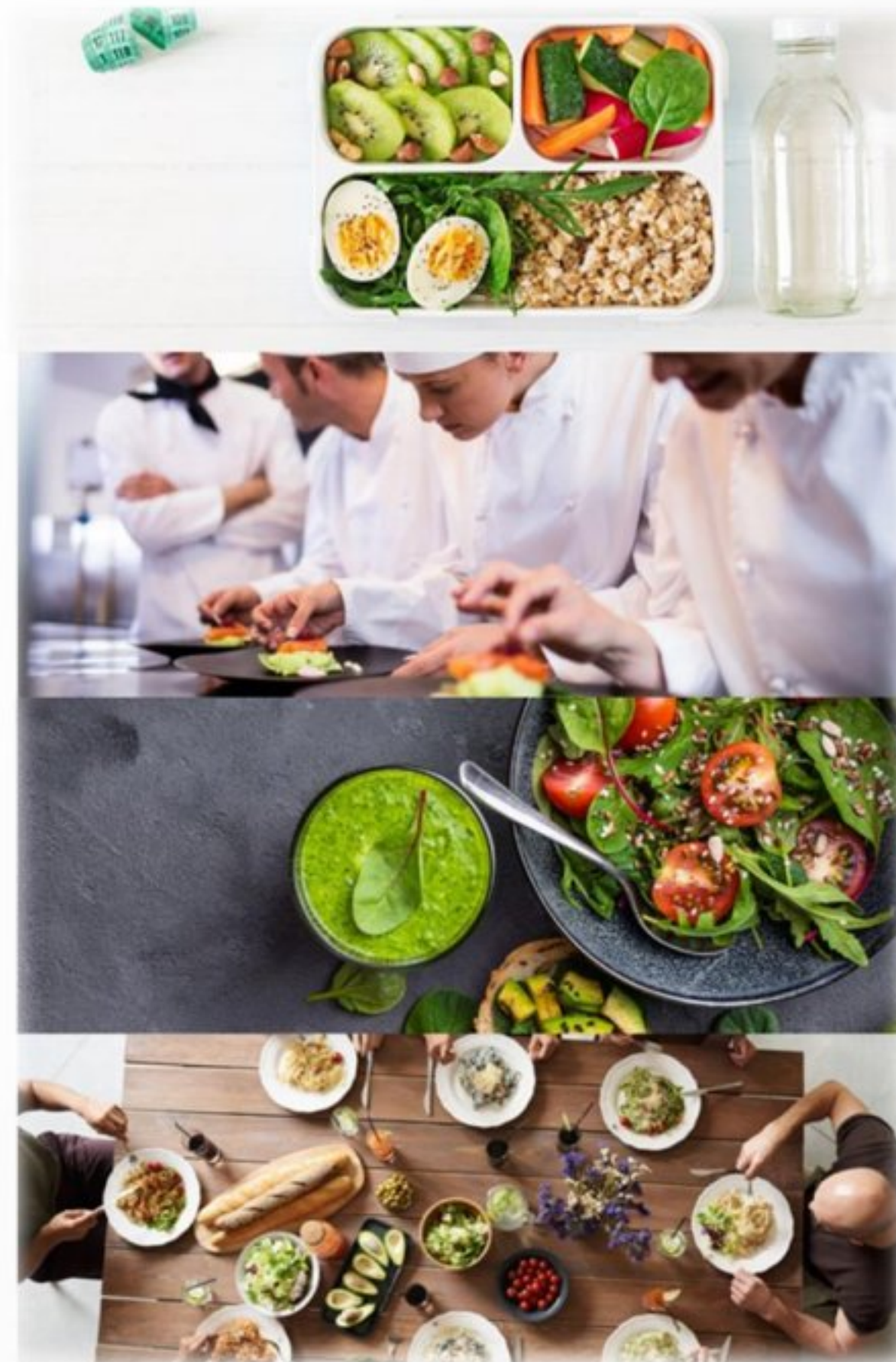
#### VENUE

Riphah International University, Gulberg III Campus, Lahore

## WORKSHOP SCHEDULE

**Saturday**  
**13th September 2025**

**Pakistan Standard Time**  
**9:00 AM – 12:00 PM**



#### LEARNING OBJECTIVES

- Learn how to use food as medicine for the prevention and management of chronic diseases.
- Gain hands-on skills in preparing nutrient-dense, culturally relevant meals.
- Translate nutrition science into practical, everyday cooking strategies.
- Promote sustainable, affordable, and enjoyable healthy eating habits.

CERTIFICATE WILL BE AWARDED BY RIPHAH INTERNATIONAL UNIVERSITY

#### REGISTER NOW

<https://forms.gle/W6EGeYoRokL3ER6J6>

**Register by 5th September 2025**



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



# 6th INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE & RETREAT 2025

PRE CONFERENCE

## WORKSHOP

### THE EMERGING FIELD OF POSITIVE HEALTH FOR CLINICAL PRACTICE AND HEALTH PROFESSIONAL WELL-BEING



#### Dr. Liana Lianov (USA)

MD, MPH, FACLM, FACPM, DipABLM

President and Founder of Global Positive Health Institute (GPHI)

with in-person participation by renowned national psychologists  
Facilitator will be present Live - Online

#### WHO CAN JOIN

Physicians, Dentists, Nurses, Pharmacists, Psychologists, Physical Therapists, Occupational Therapists, Nutritionists, Public Health Officials, Researchers, Medical Students, LM community members and all who want to integrate lifestyle medicine into their life and practice.

#### WORKSHOP FEES: 15,000 PKR

Attend in Person or Online

#### VENUE

Riphah International University, Gulberg III Campus, Lahore

## WORKSHOP SCHEDULE

**Saturday**  
**27th September 2025**

**Pakistan Standard Time**  
**9:00 AM – 12:00 PM**



#### LEARNING OBJECTIVES

- Examine scientific evidence for positive health through key studies.
- Describe positive health clinical practice, its components, and core competencies.
- Apply positive health interventions in healthcare.
- Review a lifestyle medicine case study.
- Create a personal well-being plan with positive health interventions.

CERTIFICATE WILL BE AWARDED BY GLOBAL POSITIVE HEALTH INSTITUTE (GPHI) - USA

#### REGISTER NOW

<https://forms.gle/W6EGeYoRokL3ER6J6>

Register by 5th September 2025



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