PALM
PAKISTAN ASSOCIATION OF LIFESTYLE MEDICINE

RILM
RIPHAH INSTITUTE OF LIFESTYLE MEDICINE

The Pakistan Association of Lifestyle Medicine (PALM), in collaboration with the Riphah Institute of Lifestyle Medicine (RILM), is pleased to announce the

# 7TH INTERNATIONAL CONFERENCE OF LIFESTYLE MEDICINE

## "Coming Soon"

### Tentative Schedule Tuesday 29th - Wednesday 30th September 2026

| Time | Topic | Speaker |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |