



LIFESTYLE MEDICINE FUTURE OF HEALTHCARE

ADMISSIONS ARE OPEN FOR THE 13TH BATCH

LIFESTYLE MEDICINE POSTGRADUATE CERTIFICATION COURSE (LMPC) DESIGNED FOR DOCTORS & ALLIED HEALTH PROFESSIONALS

This is the first and only Certification in Pakistan for now, where you will gain expertise from esteemed faculty, including IBLM-certified specialists and internationally recognized professionals from ACLM, ensuring a comprehensive and globally informed curriculum

ELIGIBILITY

All Physicians, Nurses, Allied health professionals, Mental Health Professionals, Dentists, Pharmacists and Nutritionists

COURSE FORMAT

The course features 3 highly interactive contact sessions, Problem-Based Learning (PBL) sessions, distance learning components and access to a diverse range of educational resources. It prioritizes self-care through a scientific lens, uniquely blending self-reflection for personal growth throughout the course.

HIGHLIGHTS

- Explore evidence-based interventions to prevent and treat chronic diseases, seamlessly integrating lifestyle medicine into your practice
- This course caters to diverse healthcare backgrounds, fostering collaboration among doctors, nurses, dietitians, and more
- Interactive learning environment with a focus on individualized patient care plans
- Earn a prestigious postgraduate certification in Lifestyle Medicine

10 CREDIT HOURS

DURATION

July 2026 to December 2026

Online accessible from anywhere in Pakistan or abroad

COURSE FEE: 79,500 PKR

FOR REGISTRATION



<https://cpd.riphah.edu.pk/new/>
REGISTER BY 20TH June 2026

For more details, feel free to contact us at +92 347 5387620 or email lifestyle.med@riphah.edu.pk

OUR FACULTY

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Founder President, Pakistan Association of Lifestyle Medicine, Country Leader,
GPHI

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MSLP, CHPE, PGD (PE &TM) LMPC, DipIBLM

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