

1st Lifestyle Medicine and Flourishing Symposium in Canada
May 1-4, 2025, Lacombe and Banff, Alberta
Lifestyle Medicine and Flourishing: From Evidence to Practice

BURMAN UNIVERSITY
Thursday, May 1, 2025

6:00-8:00PM Dinner with the Doctor, Burman University Cafeteria

“Lifestyle Medicine, Epigenetics, and the Future of Medicine”
John Kelly, MD, MPH, FACLM

Friday, May 2, 2025

6:00-7:00AM **Morning** Exercise and Rejuvenation, Burman PE Centre, area trails

7:30 - 8:45AM **WFPB Breakfast** (Bonnie Goulet: overnight oat bake, haskap chia)

9:00-9:15AM **Welcome, Opening Remarks & Speaker Introduction:**
Carole Anderson & Klaus Irrgang; Pekka Määttänen & Loreen
Wales, Alberta Health Representative (TBD)

9:15-10:05AM **Keynote Address**

***"Mind-Body Connections: Lifestyle Medicine and
Neuroplasticity."***
John Kelly, MD, MPH, FACLM

10:15 – 11:15AM ***“Alberta Beckons... Wins and Practical Tips for a Lifestyle
Medicine Program.”***
Emmanuel Gye, MD Founder of AB Clinic & Hussain Khimji,
MD, AB Clinic Airdrie, Alberta.

11:15-12:00PM ***“Thriving Together: The Future of Family-Centred Healing and
Community Well-Being”***
Mylène Juneau, MD, Dip. ABLM

12:15-1:00PM **Lunch & Demonstration:** Lisa Lindquist, RD, Loreen Wales, RD
and Revive Wellness Team, Burman Cafeteria

1:10-1:30PM **Digestive walk, orchard tour:** Klaus Irrgang & Pekka Määttänen

- 1:30-2:45PM ***“Molecular Health: Where Science Meets Self-Care”*** Robert Fraser, PhD (Molecular You) & Loreen Wales, RD (Revive Wellness and MyViva)
- 3:00-3:45PM ***“Optimizing Gut Microbiota and their Metabolites with Diet”***
Pekka Määttänen, PhD, Chair of Biology, Burman University
- 4:00-4:45PM ***“Introduction to Flourishing”***
Carole Anderson, PhD & Heather Gretton, PhD
- 4:45-5:00PM **Networking**
- 5:00-6:00PM **Supper**
- 6:00-7:00PM ***“Awe” Walk and Activity***
- 7:30-8:30PM **Evening Keynote**
“How Humans Work”
Marc Braman, MD, MPH, FACLM
- 8:30PM **Welcoming Rest**
Setting Restful intention

Saturday, May 3, 2025, Blue Zones Rest Day Experience

- 7:00-8:00AM **Morning Walk with Gratitude**
- 8:00-9:00AM **WFPB Breakfast, Burman Cafeteria**
- 9:30-10:50AM ***“Meaning, Purpose, and Spirituality in Healthcare”***
Facilitated by Marc Braman, MD, MPH, FACLM, Jasdeep Saluja, MD, FRCPC, Dip. ABLM, Henry Leung, FRCPC, Consulting Psychiatrist, Recovery Alberta, the Burman University LMF Team
- 11:00-11:30AM **Music & Gratitude Prayer**
- 11:30-12:30PM ***“Lifestyle Medicine: ‘Really Whole’ Health”***
John Kelly, MD, MPH, FACLM
- 1:00PM **Lunch & Connecting**
- 2:00-3:00PM ***“The Blue Zones Power 9”***
Wayne Dysinger, MD, MPH, FACLM

BANFF CENTRE FOR ARTS AND CREATIVITY

- 3:30-6:30PM Relocate to Banff, Alberta
- 6:30 – 7:30PM Bow River and Falls Walk (optional)
- 7:30 – 8:30PM ***“The Human Experience”*** Tea and Talk:
Marc Braman, MD, MPH, FACLM
Jasdeep Saluja, MD, FRCPC, Dip ABLM
Kinnear Centre for Creativity and Innovation, Banff (KC201)
- 8:30 – 9:00PM **Flourishing Moment**

Sunday, May 4, 2025

- 6:00-7:00AM **Morning hike: Tunnel Mountain**
- 7:00-9:00AM **Morning Breakfast: Vista’s Dining Room**

Kinnear Centre for Creativity and Innovation KC105

- 9:00-10:00AM ***“Lifestyle Medicine Assessment and Treatment - Angles, Aspects and Advances”***
Wayne Dysinger, MD, MPH, FACLM
- 10:15–11:15AM ***“Bridging Lifestyle Medicine and Health System Science: Advancing Health Equity Through Innovative Care Models”***
Camille Clarke, MD
- 11:20–12:20PM **Closing Keynote**

“I Have a (Lifestyle Medicine) Dream”
John Kelly, MD, MPH, FACLM
- 12:20PM **Closing Remarks** LMF Team, Burman University and Revive Wellness
- 12:30 – 1:30PM **Catered Plant-Based Buffet Lunch**

Other adventures (informal)

Less Intense: Johnston Canyon Walk, Banff Cave and Basin Historic Hot Springs, Lake Louise hike

More Intense: Castle Mountain, Mt. St. Piran, Sulfur Mountain, Mt. Rundle.