

1st Lifestyle Medicine and Flourishing Symposium in Canada May 1-4, 2025, Lacombe and Banff, Alberta

Lifestyle Medicine and Flourishing: From Evidence to Practice SCHEDULE:

Thursday, May 1, 2025

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

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

Friday, May 2, 2025

6:00-7:00 Morning Exercise and Rejuvenation

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

9:00-9:15 **Welcome, Opening Remarks & Speaker Introduction:**
Carole Anderson & Klaus Irrgang; Pekka Määttänen & Loreen Wales

9:10 – 10:00 **Keynote Address**

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

10:15-11:00 ***“Lifestyle Medicine in Clinical Practice in Alberta, Canada”***
Emmanuel Gye, MD Founder of AB Clinic & Hussain Khimji, MD, AB
Clinic Airdrie, Alberta.

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

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

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

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

 “How Humans Work”
Marc Braman, MD, MPH, FACLM
- 8:30** **Welcoming Rest**
Setting Restful intention

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

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

3:30-6:30 **Relocate to Banff, Alberta**

6:30 – 7:30 Bow River and Falls Walk (optional)

7:30 – 8:30 ***“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 – 9:00 **Flourishing Moment**

Sunday, May 4, 2025

6:00-7:00 **Morning hike: Tunnel Mountain**

7:30-8:30 **Morning Breakfast: Vista’s Dining Room**

9:00-10:00 ***“Lifestyle Medicine Assessment and Treatment - Angles, Aspects and Advances”***
Wayne Dysinger, MD, MPH, FACLM

10:15–11:15 ***“Title TBD, Lifestyle Medicine Practice in Toronto”***
Camille Clarke, MD

11:20–12:20 **Closing Keynote talk**

“I Have a (Lifestyle Medicine) Dream”
John Kelly, MD, MPH, FACLM

12:20 **Closing Remarks LMF Team, Burman University and Revive Wellness**

12:30 – 1:30 **WFPB Buffet Lunch**

Other adventures for those not having to fly out right away (informal).

Less Intense: Johnston Canyon Walk, Banff Hot Springs, Sulfur Mountain, etc.

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

**Banff Shuttle schedule on Sundays -- Not arranged, but available through Banff
TBD – or carpooling for those with rental cars.**