

## You're warmly invited to join the British Society of Lifestyle Medicine (BSLM)

On behalf of the British Society of Lifestyle Medicine, we warmly invite you to join our Community and also to attend our Inaugural Conference to be held on Saturday 1<sup>st</sup> July 2017 in Bristol which has recently won the accolade as being the best place to live in the UK.

BSLM is a constituted charity, aiming to establish Lifestyle Medicine as central to health and wellbeing, by promoting the prevention and management of avoidable lifestyle-related diseases.

Our first Conference is at Engineer's House and themed:–

### **Lifestyle Medicine: Vital Optimism at Work and Play.**

We wish to promote the Science and Art of healthy longevity.

And keep it all fun and engaging. Why else give up your Saturday?!

#### MORNING SESSIONS

8.30am	Arrival and Registration	
9am	Welcome What is Lifestyle Medicine anyway?	<b>Dr Rob Lawson</b> <i>Chairman BSLM and GP</i>
9.30am	Lifestyle, nutrition and cancer - a review of the international evidence	<b>Prof Rob Thomas</b> <i>Consultant Oncologist and author, Cambridge</i>
	Optimising individual and population health and wellbeing	<b>Dr Campbell Murdoch</b> <i>GP, Wells</i>
	Holistic Care Through Group Consultations	<b>Dr Fraser Birrell</b> <i>Consultant Rheumatologist, Newcastle</i>
	Panel Q+A	
11.00am	Networking and break	
11.30am	Activity related topic tbc	<b>Dr Tamsin Lewis</b> <i>Psychiatrist, elite triathlete</i>
	Movement and Physical Activity as medicine	<b>Darryl Edwards</b> <i>Natural Lifestyle Educator and Movement Coach</i>
	Causes of heart disease	<b>Dr Malcolm Kendrick</b> <i>Author and GP</i>
	Panel Q+A	<b>Dr Alice Holmes</b> , GP Trainee and Yoga specialist
1pm	Lunch, networking, short guided walk	

#### AFTERNOON SESSIONS

1.45pm	Nutrigenomics: Do our genes determine what we should eat?	<b>Prof Ahmed El Sohemy</b> <i>University of Toronto via web</i>
	The Microbiome	<b>Mr Laurence Stewart</b> <i>Consultant Urologist, Edinburgh</i>
	The Gut, Inflammation and Health	<b>Dr Antonia Wrigley</b> <i>General Practitioner, Bath</i>
	Panel Q+A	<b>Dr Marc Bubbs</b> <i>Director Nutrition, Men's Canada Basketball</i>
3.15pm	Networking and break	
3.45pm	Human Ecology & Health (pre-recorded in Australia)	<b>Prof Mark Wahlqvist</b> <i>Emeritus Professor of Medicine, Monash University. Melbourne</i>
	Creating Change In Public Health.	<b>Sam Feltham</b> <i>Director Public Health Collaboration</i>
	Active commuting and mortality	<b>Dr Carlos Celis-Morales</b> , Glasgow University
	Panel Q+A	
5.30pm	Summary	<b>Mr Laurence Stewart</b> <i>BSLM Trustee</i>
6.00pm	Close	

Please join and book at [www.bslm.org.uk](http://www.bslm.org.uk)