

EUROPEAN LIFESTYLE MEDICINE SYMPOSIUM

DEFINING LIFESTYLE MEDICINE IN EUROPE

7-9TH OCTOBER
2024

ALICANTE



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WELCOME MESSAGE

FROM

**JOSÉ L.
PALMA**



SILM PRESIDENT



“

Welcome to the European Symposium on Lifestyle Medicine, organised jointly by the British Society of Lifestyle Medicine (BSLM) and the Spanish Institute of Lifestyle Medicine (SILM), an event that marks a milestone in our continued pursuit of a unified view of Lifestyle Medicine.

We meet in the Mediterranean city of Alicante, with delegates from various countries, united by a common commitment: to improve people's quality of life through lifestyle medicine, science and innovation.

This conference is a unique platform to share knowledge, experiences and advances in the field of Lifestyle Medicine. It is also an opportunity to learn from thought leaders, researchers and colleagues who are at the forefront of this discipline, who recognize the critical importance of habits and lifestyles in the prevention, management and treatment of chronic diseases.

This conference is also an opportunity to strengthen networks, form new collaborations and join forces in our shared mission of promoting healthy lifestyles.

We thank all delegates in advance for their active participation in this event. Your dedication and passion for Lifestyle Medicine is essential to our collective success.

I wish you an exceptional Lifestyle Medicine meeting.

¡Welcome to Alicante!

”

01



British Society of lifestyle medicine

Lifestyle Medicine is evidence-based, clinical care that supports behaviour change through person-centered techniques to improve mental wellbeing, social connection, healthy eating, physical activity, sleep and minimisation of harmful substances and behaviours.

The British Society of Lifestyle Medicine (BSLM), is an independent charity, set up to promote the role of lifestyle medicine in improving people's health and wellbeing. Join our vast membership from primary and secondary care clinicians, allied and public health professionals, scientists, educators, researchers and patients. BSLM is here to represent you and create a community of likeminded individuals that believe Lifestyle Medicine is the future of healthcare delivery.

BSLM is a member of the European Lifestyle Medicine Council and World Lifestyle Medicine Organisation.



WWW.BSLM.ORG.UK

The Spanish Institute of Lifestyle Medicine (SILM) is a legally constituted and not forprofit professional Association, chaired by Dr. José Luis Palma, and made up of health providers from different fields. Its main objective is to reduce the enormous impact of chronic diseases, responsible for 86% of morbidity and mortality in the world (WHO) in which an inadequate lifestyle represents 80% of its etiology.

The institute, was established one year ago, and has since developed the first training course in Spain for lifestyle medicine.

Lifestyle medicine is a branch of evidence-based medicine in which lifestyle changes (nutrition, physical activity, psychological stress, alcohol, tobacco, addictions, social support, and environmental exposures) are used to prevent, treat and even reverse the progression of chronic non-communicable diseases by remedying all their underlying causes.



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THE DETAILS

Lifestyle Medicine professionals from across Europe have been invited to attend the first European Lifestyle Medicine Symposium in Spain in October. This event will bring together leaders across all Lifestyle Medicine organisations for the first time, with the objective being to create a strong coalition of practitioners, to define LM, recognise regional variation, and ultimately to agree Policy statements and political interventions. This will be achieved through the networking opportunities the Symposium will bring, and through the evidence based, scientific content from speakers from across Europe.

THE PROGRAMME

DAY 1

SPECIFIC TIME

7TH

DAY 2

SPECIFIC TIME

8TH

DAY 3

SPECIFIC TIME

9TH

9

10

11

12

1

2

3

4

5

07.30

Beach Activity

09.00

SKILLS REQUIRED FOR LM

Chair - Dr Pedro Gonzalez

Place of Behavioural Science/Change
Simon Matthews

Group Consultations vs Individual
Prof Fraser Birrell

Exercise Prescription
Dr Yohana de Gracia Hills.

PANEL DISCUSSION

10.30

BREAK

11.00

SOCIO-ECONOMIC, ENVIRONMENTAL DETERMINANTS OF HEALTH

Chair - Dr Pedro Gonzalez

Health Equity, Health Illiteracy
Dr Rupa Joshi

Pollution and Endocrine disruptors
Dorota Kumar

Lived Environment and Health
Speaker TBC

PANEL DISCUSSION

12.30

LUNCH

14.00

MENTAL HEALTH IN EUROPE

Chair - Prof Rob Thomas

Old age, Dementia
Helena Garcia Llana

Children and Young People
Jen Hall

Impact of Sleep, Stress, Exercise
Dr Pedro Gonzalez

PANEL DISCUSSION

15.30

BREAK

16.00

FOOD ENVIRONMENT

Chair - Alicja Baska MD

The challenge of Obesity, NAFLD
Prof Labros Sidossis

Metabolic disorders Diabetes, HT,
Roberto Volpe

Topic TBC
Dr Noemi Boqué

PANEL DISCUSSION

17.20

CLOSING REMARKS

17.30

CLOSE

18.00

Evening Activity

07.30

Beach Activity

08.30

EDUCATING HEALTHCARE PROFESSIONALS
Chair - Prof Labros Sidossis
BSLM Learning Academy
Dr Fraser Quin

LM Education: SILM
Dr Pedro Gonzalez
Undergraduate and Postgraduate
LM education in Europe
Alicja Baska MD

PANEL DISCUSSION

10.00

BREAK

10.30

HEALTH POLICY - EFFECTIVE INTERVENTIONS

Chair - Dr Fraser Quin

TBA
Wojciech Zgliczyński

Supporting LM Organisations
Candan Kendir OECD Health Analyst

Health Policy - Effective Interventions
EPHA Representative

PANEL DISCUSSION

12.20

Closing Statements
Dr Jose Palma & Dr Rob Lawson

12.30

CLOSE

12.30

Welcome and Opening Session
Dr Jose Palma, Dr Rob Lawson, Dr Fraser Quin,
Dr Hermann Schwarz

13.00

WORLD CONTEXT FOR LM: AN OVERVIEW

Chair - Dr Frances Elliot

Why we need LM
Dr Jose Palma

Opportunities and challenges
Dr Rob Lawson

Current World LM Organisations
Dr Fraser Quin

PANEL DISCUSSION

14.30

BREAK

15.00

NCDS IN EUROPE

Chair - Dr Rob Lawson

Prevalence of NCDs across Europe
Carlos Van Miegham

Are differences in cancer across Europe
related to differences in gut health?
Prof Rob Thomas

Cardiovascular Disease in Europe
Dr Jose Palma

PANEL DISCUSSION

16.50

CLOSING REMARKS

17.00

CLOSE

ATTENDANCE
COUNTS
FOR

**10
HRS
CPD**

04

THE VENUE



7-9TH OCTOBER
2024



PLAZA DEL PUERTO, 3
ALICANTE

We're so excited to host our first European Lifestyle Medicine Symposium in the heart of Alicante. We can't wait to welcome you to our venue this year!

Our venue is Between the Marina and Postiguet Beach, the Meliá Alicante rises up majestically alongside the Mediterranean Sea. In a city blessed with a mild climate and soothing sea breeze, this hotel in Alicante epitomises the perfect balance between pleasure and work. Next to the charming district of Santa Cruz and at the foot of Santa Bárbara Castle, a perfect base for exploring the city of Alicante.

LOCATION AMENITIES & ACCESSIBILITY

FACILITIES

Alongside the beautiful scenery and spacious interior, it does provide a fantastic space for our congress. The Meeting rooms have natural light and air-conditioning to assure your comfort. Wi-Fi is available.

For those who are staying at the Hotel while attending the event, it also has an outdoor pool, gym and spa experience! There is also an ATM on site for convenience.

There is accessible access to the venue and there are disabled rooms and facilities on site. If there are any queries on the facilities, do contact us and we can support in sourcing this information for you.

PARKING AND TRANSPORT

The supervised public car park is located on the ground floor and open 24 hours a day. It has direct access to the ground floor of the hotel via lift. Service is an extra charge, however guests get a discount.

Very well connected with the airport - to find out further on travel recommendations from hotel/to airport, do get in touch and we can assist.

Possible car hire recommendations can be provided on request.

FOOD AND REFRESHMENTS

There will be frequent intervals throughout the day for movement, teas, coffees and refreshments.



A SNAPSHOT:
THE VENUE



TICKETS AND PRICING

Tickets will be able to be purchased via our Eventbrite event. You will receive your confirmation via email. Please keep hold of this for proof of purchase and entry to the event.

PLEASE NOTE THERE IS NO VIRTUAL ATTENDANCE TO THIS EVENT

CONFERENCE TICKET PRICE
3 DAYS IN-PERSON

€ 350

PURCHASE HERE



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OR VISIT:
WWW.EVENTBRITE.CO.UK/E/EUROPEAN-LIFESTYLE-MEDICINE-SYMPIOSIUM-TICKETS-828621297607

LOOKING FOR A PLACE TO STAY? DELEGATE DISCOUNTS?

UPON PURCHASING YOUR SYMPOSIUM TICKET YOU WILL BE PROVIDED WITH INFORMATION ON HOW TO CLAIM A DELEGATE ROOM DISCOUNT WITH OUR VENUE.

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DISCOUNTED STAY WITH
US ON OUR DEDICATED
WEBPAGE](#)

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AT THE HOTEL
HERE](#)

[HAVE A LOOK AT
WHAT ALICANTE
HAS TO OFFER!](#)

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CONFERENCE TICKET
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YOU WILL RECEIVE THE COURSE ON
THE EMAIL YOU USED TO PURCHASE
YOUR TICKETS TWO WEEKS PRIOR TO
THE CONFERENCE DATE

IF YOU ARE A POTENTIAL
SPONSOR OR EXHIBITOR AND
WOULD LIKE FURTHER
INFORMATION, PLEASE GO TO
THE BACK PAGE OF THIS
BROCHURE

IF YOU ARE UNSURE OF YOUR DELEGATE DISCOUNT CODE, DO CONTACT US VIA
EMAIL ON OFFICE@BSLM.ORG.UK TO RECEIVE

WHO SHOULD I CONTACT

WE'RE HERE TO HELP!

All enquiries and queries should go through:



OFFICE@BSLM.ORG.UK

YOU WILL BE ASSISTED BY

ALEX
PHILIP

**BSLM
OFFICE
SUPPORT**



EVENT SUPPORTED
BY



SPONSORSHIP

This event will offer a range of exhibiting and sponsorship opportunities which will provide your organisation with exposure to an enthusiastic and like-minded audience.

If you wish to enquire about exhibiting and sponsorship, do complete our form at the bottom of this page. If you have further queries at this stage, don't hesitate to contact us via email.



OFFICE@BSLM.ORG.UK

SPONSORSHIP & EXHIBITOR INFORMATION

We're looking to showcase organisations aligned to our aims of sharing lifestyle medicine throughout Europe, and globally. Since the size of our event allows, instead of having standard sponsorship or exhibitor tiers in this event, we aim to provide a range of bespoke options to make this event as tailored as possible for you and our delegates alike.

We will be working with the venue to provide a fantastic exhibiting on sponsorship experience and providing the perfect platform within the space for you and our delegates to enjoy. For further details on the space for exhibiting, please do email us and we will support.

We aim to work with you on providing a perfect balance of sponsorship opportunities via our graphic and digital channels around the conference, promotional materials, session sponsorship, meal and break times and any other options that are suitable for your cause, organisation or charity while fitting around our comprehensive programme.

IF YOU WISH TO ENQUIRE ABOUT EXHIBITING AND/OR SPONSORSHIP, DO EMAIL OR COMPLETE THE BELOW FORM FOR FURTHER INFO OR EMAIL US WITH DIRECT QUERIES.

WE WILL CONTACT YOU TO DISCUSS BESPOKE OPTIONS TO YOU AND YOUR ORGANISATION.

BESPOKE

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SUCH AS...

DAY AND
SESSION
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AND
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