

ASLM 3rd ANNUAL CONFERENCE SEOUL, April 21-25, 2019

Transforming Health & Healthcare through Lifestyle Medicine

Utilizing evidence-based lifestyle medicine interventions in preventing, treating and even reversing non-communicable chronic diseases which are primarily lifestyle related.

... First Time in Korea ... Lifestyle Medicine Exam Board



**Join us and get education,
guidelines, skills, and best practices
from world-class leading
Lifestyle Medicine Experts:**



Dr. Dean Ornish



Dr. David Katz



Dr. Michael Greger



Dr. Wayne Dysinger



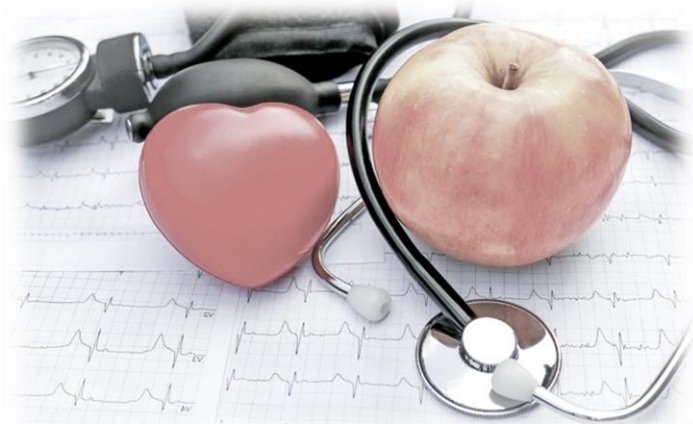
Dr. Marc Braman



Dr. Liana Lianov



Dr. Dexter Shurney



Who Should Attend:

Physicians (e.g. family practice, internists, cardiologists, oncologists, neurologists, psychiatrists, pediatrics, OBGYN, gerontologists), Dentists, Pharmacists, Nurses/Nurse Practitioners, Wellness Scientist, Health Educators, Health and Life Coaches, Psychologists, Dietitians, Nutritionists, Exercise Physiologists, Fitness Coaches, Social Workers, Massage Therapists, Physical and Occupational Therapists, Healthcare Administrators, Public Health Practitioners, Fellows in Training, Personal Trainers, Residents, and Health Lovers, Promoters, & Leaders like **YOU!!!**



Conference Overview

This Program offers education, skills development, and course certificate in:

- Foundations of Lifestyle Medicine
- Lifestyle Medicine Education & Training
- Lifestyle Medicine Clinical Process & Protocols
- Lifestyle Disease Interventions & Solutions
- Health Behavior Change & Coaching Communication
- Positive Psychology and Happiness Science in Healthcare
- Digital Delivery of Lifestyle Medicine & Preventive Medicine
- Lifestyle Medicine, Public Health, & Workplace Health
- Lifestyle Medicine, Hospitals, & Healthcare Systems
- Culinary Medicine and Improvement of Patient Care
- Mental, Physical, and Social Health in Lifestyle Medicine

Learning Objectives: The participations will be able to:

- 1) Develop appropriate abilities and skills among participants to match demand of the growing trend in lifestyle diseases and the changing health care delivery.
- 2) Enhance the competence and performance-in-practice of physicians and allied healthcare professionals by utilizing evidence-based strategies incorporated to patient care, providing the newest science in lifestyle management skills.
- 3) Improve their own personal practices to serve as better role model to their patients.
- 4) Acquire Lifestyle Medicine Certificate of Competency and eventually qualify for the IBLM certification board exam.

Course Description

Lifestyle Medicine does not only prevent disease, but is integral to the treatment, management and even reversal of many non-communicable chronic diseases such as type 2 diabetes, hypertension, cardiovascular disease, stroke, high cholesterol, cancer, Alzheimer's disease, depression, anxiety, arthritis and obesity.

This course offers the knowledge and skills covering core competencies that were recommended and identified by a national consensus panel of representatives from leading medical and health professional organizations in the United States of America as the basis for providing quality lifestyle medicine services template.

The major focus is on provision of foundational competencies for primary care physicians and allied healthcare providers to develop practical skills on clinical processes, as well as non-drug lifestyle medicine modalities: nutrition, physical activity, sleep, stress management, emotional wellbeing, substance and addiction recovery, and behavior change. The program is carefully designed for different level of profession primarily for physician, doctoral, MA, and Bachelor.

Attendees will receive the latest updates in lifestyle medicine best practices and will also have the opportunity to hone new skills through participation in demonstration sessions and workshops embedded in the program.

Most importantly, participants will obtain medical education and networking that will mold them to stay at the forefront of this critical global trend in medical care and to lead by example in transforming not only the patients but the practitioners as well.

EVENT SCHEDULE

DATE	ACTIVITY
Feb 10 - Mar 17, 2019	Free Online Group Study (for IBLM Board Examinees only)
Now - Apr 10, 2019	Conference & IBLM Exam Online Registration
Apr 21-24, 2019	Conference Walk-in Registration
April 21, 2019	Pre Conference Workshops : Morning & Afternoon
April 22 – 24, 2019	Core Conference (3days)
April 24, 2019	Post Conference Workshops : Afternoon
April 25, 2019	IBLM Certification Exam : Morning Complete Health Improvement Program (CHIP) Facilitator Training : Afternoon
April 26, 2019	Complete Health Improvement Program (CHIP) Facilitator Training : Morning

* Complete conference schedule will be posted in the conference website.

* Online group study schedule will be sent upon successful registration of IBLM Board Exam.



Conference Registration

Register at <https://>

Catch up the "Early Bird Discount " by Jan. 31, 2019!!

PRE/POST CONFERENCE FEES

TIERS	Price Per Workshop (3 hours)	CHIP Training (8 hours)
Professionals	US\$120	US\$300
Students	US\$90	US\$250

*If you pay for two(2) Pre Conference workshops, lunch will be included

*Lunch will be provided for Post Conference participants

CONFERENCE FEE (April 22-24)

	CATEGORY	ASLM MEMBER	NON-ASLM MEMBER	Students	
				ASLM	NON-ASLM
Super Early Bird by Dec 31	Koreans	US\$490	US\$590	US\$425	US\$495
	Tier 3	US\$520	US\$620		
	Tier 2	US\$700	US\$800		
	Tier 1	US\$750	US\$850		
Early Bird by Jan 31	Koreans	US\$540	US\$640		
	Tier 3	US\$570	US\$670		
	Tier 2	US\$750	US\$850		
	Tier 1	US\$800	US\$900		
Regular by Apr 10	Koreans	US\$590	US\$690		
	Tier 3	US\$620	US\$720		
	Tier 2	US\$800	US\$900		
	Tier 1	US\$850	US\$950		
Walk-in Registration Apr 21-24	Koreans	US\$640	US\$740	US\$525	US\$595
	Tier 3	US\$670	US\$770	US\$525	US\$595
	Tier 2	US\$850	US\$950	US\$575	US\$645
	Tier 1	US\$900	US\$1,000	US\$625	US\$695

Tier 1: Japan, Hong Kong, Singapore, Taiwan

Tier 2: China, Thailand, Malaysia

Tier 3: Myanmar, Bangladesh, Cambodia, Laos, Indonesia, Philippines, Pakistan, Vietnam, Nepal, Sri Lanka

GROUP STUDY

- ✓ Structured online group study series for IBLM exam preparation will begin on Feb 10, 2019
- ✓ Registration is **FREE** of charge. Simply select this option in the [online registration form](#)

CONFERENCE REGISTRATION

- ✓ The fee applies whether you attend for 1 day, 2 or 3 days.
- ✓ Conference fee includes all meals during the core conference, from Apr 21 dinner until Apr 24 breakfast.
- ✓ Last day for online registration is on Apr 10, 2019.
- ✓ After that all are welcome to join us for Walk-in Registration on Apr 21-24, 2019. For assistance please see staff at conference registration counter.

CONFERENCE VENUE

- ✓ The K Hotel, 70, Baumeo-ro 12-gil, Seocho-gu, Seoul, South Korea
- ✓ Please visit hotel website for more information: http://www.thek-hotel.co.kr/e_seoul/main.asp
- ✓ Please fill out the room reservation form below and email to Reservation@thek-hotel.co.kr.

Join us and get MEMBER DISCOUNTS :	
Register for IBLM board exam:	
Register for 30 non-CME online credits:	https://www.lifestylemed.education/Course/view/foundations-of-lifestyle-medicine-the-lifestyle-medicine-board-review-course-2nd-edition-no-cme-provided-1
*Sign up for the FREE online group study when registering for IBLM board exam	

Registration, Payment, Confirmation and Refund Policy

Registrations for Asian Society of Lifestyle Medicine programs are made via our secure online system. To register for this conference, please visit the conference website at <https://aslm.asia>. At the end of the registration process you will have the choice of paying by debit or credit card (Visa, MasterCard, American Express). The online registration system will provide you with instructions.

Upon receipt of your paid registration, an email confirmation from the ASLM will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$10 will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail or email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

Direct Contact Persons:

Executive Director : Dr. Andy Ng
andyng4@icloud.com
Mobile #: +6662 936 2950

Operation Director: Ms. Clara Liaw
claraltl@gmail.com
+6686 894 6099

The Hotel

SEOUL
Reservation Form

1. Event Information

Name of Event	ASLM Annual Conference	Period	21 ~ 26 April , 2019
Organizer	Asian Society of Lifestyle Medicine (ASLM)	Main Guest Contact	

2. Guest Information (Up to 3 guests are allowed to stay at one room)

<Guest 1>

☐ Ms. ☐ Mr.	First Name:	Middle :	Last :
Address			
	Zip code		Tel
Contact	Mobile		Fax
E-mail			
Country			

<Guest 2>

☐ Ms. ☐ Mr.	First Name:	Middle :	Last :
Address			
	Zip code		Tel
Contact	Mobile		Fax
E-mail			
Country			

<Guest 3>

☐ Ms. ☐ Mr.	First Name:	Middle :	Last :
Address			
	Zip code		Tel
Contact	Mobile		Fax
E-mail			
Country			

3. Credit Card Details

* Please mark which service expense are covered by Credit Card			
☐ ONLY for guarantee		☐ All charges	
☐ Room & Breakfast		☐ Other ()	
Card Type	☐ Amex ☐ Diners ☐ Euro Card ☐ JCB ☐ Master ☐ VISA		
Card No.			
CVC Code	* Visa/Master Card Only		Name of the Cardholder
Exp. Date			Signature

4. Room Type and Price

Room type	Check-In	Check-Out	Nights	No. of Room	PAX	
					Adult	Child
Deluxe Twin						
* Special Room Rate: Deluxe Twin: <u>KRW143,000</u> * A Breakfast is included for 1 guest only (KRW23,000 per additional guest) * 1 guest=KRW143,000; 2 guests=KRW166,000; 3 guests=KRW189,000 Restaurant Location: Main Building 1F, Ucello (7:00AM~09:30AM)						
* Special room rates are eligible only for the attendees to the present ASLM Conference. * All room rates include 10% service charge and 10% government tax. * Check-in time is 15:00 pm & Check-out is 12:00 pm. * For early check-in and late check-out , an extra charge would be added according to hotel regulations. (Up to 3 hours 30%, 3 to 6hours 50%, after 6 hours 100% of room charge) * Other facilities: Italian, Japanese & Buffet restaurants, Bar, Bakery, Coffee shop, Theater, Golf range, Sauna, Hair Salon, Souvenir shop 'Zen'						

5. Guarantee & Cancellation Policy

- * All policies can be kept updating according to hotel policies.
- * At the time of check-in, a **credit card is required as a guarantee for your reservation**
- * If your booking is cancelled
 - Within **30 days ~ 3 days** of the arrival, there will be 30% of the total charges.
 - Within **3days ~ 1day** of the arrival, there will be 80% of the total charges.
 - On arrival day or a **NO SHOW**, there will be 100% of the total charges.



Address: 70, Baumoe-ro 12-gil, Seocho-gu, Seoul
 Phone: +82 (0)2 571-8100 FAX: +82(0)2 571-7055
 E-mail: Reservation@thek-hotel.co.kr

6. How to get to The K Hotel from the airport and back

For more information please see website: http://www.thek-hotel.co.kr/e_seoul/company/sub83.asp

I 6500 Limousine Bus

- * **Board** : Incheon Air port Terminal 1 airline : 1st floor 4B stop
 : Incheon Air port Terminal 2 airline : first basement level Gate 15
- * **Get off** : Hotel (In front of Convention Center Building)
- * **Time of Travel** : Approx. 80 minutes

[Costs (Fare)]

- * Adult \15,000
- * Children \11,000(6~12세)
- * **Time interval** : (300 minutes)
- * **Air port Terminal 2 airline**: 09:55 / 15:00 / 20:10
- * **Air port Terminal 1 airline**: 10:15 / 15:20 / 20:30
- * **from Hotel**: 07:00 / 12:00 / 17:00

I 6009 Limousine Bus

- * **Board** : Incheon Air port 1st floor 4B, 11A stop
- * **Get off** : Yangjae Station Exit 5
 (opposite of Hilstate Gallery)
- * **Time of Travel** : Approx. 70 minutes

[Costs (Fare)]

- * Adult \15,000
- * Children \11,000(6~12세)
- * **Time interval** : (15~25 minutes)
- * **To Airport**: 04:05 ~ 21:00
- * **To the City**: 05:20 ~ 23:05

I By Taxi

- * **Estimated Fare** : 70,000~80,000 Won
- * **Time of Travel** : Approx. 60 minutes