

2nd Annual Lifestyle Medicine & Flourishing Symposium:

Whole Person Health

May 14-17, 2026



COME AND ENJOY A FULL IMMERSION EXPERIENCE IN LIFESTYLE MEDICINE AND FLOURISHING !

An immersive experience of practical application, delicious plant based meals, socializing with like-minded and inspiring people, exercise, spirituality, the wonder of the natural world, the arts, and experiential flourishing moments! You will NOT want to miss it!

Keynote Speakers:

Dr. Roger Seheult, MD

Dr. Seheult is currently an Associate Clinical Professor at the University of California, Riverside School of Medicine, and an Assistant Clinical Professor at the School of Medicine and Allied Health at Loma Linda University.

Dr. Seheult is quadruple board-certified in Internal Medicine, Pulmonary Diseases, Critical Care Medicine, and Sleep Medicine through the American Board of Internal Medicine.

He is passionate about "demystifying" medical concepts. His interview on the podcast *Diary of a CEO* has had more than 10 million views.



Dr. Constantine (Kosti) Psimopoulos, PhD, MBE

Psimopoulos is a Kinesiologist by training and a bioethicist. He joined the faculty of Harvard's Initiative on Health, Spirituality and Religion, and the Human Flourishing program in 2024.

He describes himself as an interdisciplinarian, an educator, adaptive sports medicine clinician, a team player who always strives for the human connection in professional life and human dignity in all lives. He seeks solutions by looking at different perspectives, drawing connections and thinking systemically always and effortlessly, one who sees the best in all people and his colleagues or staff by trying to encourage them to be at their best and have passion for what they do; towards eudaemonia or human flourishing.



Brenda Davis, RD

Brenda Davis, registered dietitian, is a plant-based trailblazer and an internationally acclaimed speaker. She has been a featured speaker at medical, nutrition, and dietetic conferences in 28 countries on 6 continents. As a prolific nutrition writer, Brenda has authored/co-authored 13 books with over a million copies in print. Brenda is currently working on her 14th book on plant-based diets for older adults. She has also authored and co-authored dozens of peer-reviewed and lay articles. Brenda is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics. She was the lead dietitian in a type 2 diabetes randomized controlled trial in the Marshall Islands. In 2007, Brenda was inducted into the Vegetarian Hall of Fame and in 2022, she was the 7th recipient of the Plantrician Project's Luminary Award. Brenda lives in Calgary, Alberta, Canada.



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Host: Burman University LIFeStyle Medicine and Flourishing Centre

KEYNOTE SPEAKERS:

Roger Seheult, MD
Constantine (Kosti) Psimopoulos, PhD, MBE
Brenda Davis, RD

Other Speakers:

Anissa Armet, PhD, RD
George Guthrie, MD
George Cho, ND
Olivier Drouin, MD
Irina Ghenea, MD
Ema Gye, MD
Hussain Khimjii, MD
Nadine Plummer, ND
Prerana Rudrapatna, MD
Jasdeep Saluja, MD
Jonathon Thorp, MD

Thursday: Burman University

6:00-8:00 pm Dinner with a Plant Based Pioneer
Brenda Davis, RD

Friday: Burman University

6:30 am to 8:30 pm
Exercise, Full-course WFPB Meals, Engaging Talks with Discussions and Networking

Saturday: Burman University and transition to Banff Centre at noon

7:00 am to 9:00 pm
Blue Zones Rest Day Experience
Music, Thoughtful Discussion Panel, WFPB Lunch, Nature Hike in Banff, Appetizers and Presentation

Sunday: Banff Centre

7:00 am to 12:30 pm
Mountain top hike (optional), Vistas Breakfast, Inspiring Talks, Full-Course WFPB Buffet Lunch

REGISTRATION:

Symposium at Burman University

- \$297 Thursday to Friday (includes 4 meals)
- \$247 Friday only (includes 2 meals)
- \$347 Thursday to Saturday noon (includes 6 meals)

Banff Lifestyle Medicine and Flourishing Mountain Experience

- \$497 Thursday to Sunday noon (includes 9 meals from Thursday supper to Sunday lunch)
- \$217 Saturday evening to Sunday at Banff only (includes light supper & Sunday 2 meals)
- **Students:** 50% discount. Use code: STUDENT78 Student ID will be required.

Virtual Experience (we encourage you to come in person to get the full experience)

- \$197
- All registrations include access to recordings

Accommodations Extra:

Discounted hotel rates available as well as inexpensive accommodations on campus at Burman University. Rooms at the Banff Centre available on a first come first served basis. Transportation and Banff Park Pass not included.

For inquiries and room rates please contact: LMF@burmanu.ca

Register now before its too late!

Scan the QR Code or go to:

<https://www.burmanu.ca/lmf/events-page>

CPD Credits to be Confirmed



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Schedule of Events

Thursday, May 14, 2026

BURMAN UNIVERSITY CAFETERIA

6:00 - 8:00 DINNER WITH A PLANT BASED PIONEER
Unleashing the Power of Plant-Based Diets... A Whole-Systems Strategy for Health and Longevity
Brenda Davis, RD

Friday, May 15, 2026

BURMAN PE CENTRE

6:30 - 7:30 EXERCISE AND REJUVENATION
(Optional)

BURMAN UNIVERSITY CAFETERIA

8:00 - 8:45 BREAKFAST

9:00 - 9:15 WELCOME, OPENING REMARKS, &
SPEAKER INTRODUCTION:

9:15 - 10:15 KEYNOTE ADDRESS:
Dia-gnosis in Quest of Eudaimonia: Kairos Time for Holistic Person Health
Constantine Psimopoulos, PhD, MBE

10:15 - 10:30 BREAK

10:30 - 12:00 PRACTICE ORIENTED TALKS:
Prerana Rudrapatna, MD (My Viva)
Skill, Challenge, Flow: A New Model for Healthcare
Nadine Plummer, ND, George Cho, ND
Taste and See: Using Adventist Lifestyle Principles in Chronic Disease Care
Ema Gye, MD
Can They Get It? We are not Doomed to Suffer Chronic Diseases

12:00- 12:15 FLOURISHING MOMENT: GRATITUDE

12:15 - 1:00 LUNCH

1:00 - 1:45 DIGESTIVE WALK

1:45 - 2:45 KEYNOTE ADDRESS:
Beyond the Basics: Optimizing Key Nutrients in Plant-Based Diets
Brenda Davis, RD

2:45 - 3:00 BREAK

3:00 - 4:00 PRACTICE ORIENTED TALKS:
Hussain Khimji, MD
Nutrition vs. Nourishment: Building Bridges Out of Barriers
Irina Ghenea, MD.
No Framework, No Team, No Problem: Starting Lifestyle Medicine When No One Else Got the Memo

4:15 - 5:00 KEYNOTE ADDRESS
Take it Outside: Sunlight, Sleep, Metabolism, and Longevity
Roger Sehuelt, MD

5:00 - 5:15 FLOURISHING MOMENT: REST

5:15 - 6:15 SUPPER

6:15 - 7:15 PRESENTATION
Delivering Lifestyle Medicine in Remote and Austere Locations
Jonathon Thorp, MD

7:30 - 8:30 NETWORKING/SOCIALIZING



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Saturday, May 16, 2026

BURMAN UNIVERSITY CAFETERIA & BANFF CENTRE

7:00 – 8:00	NATURE WALKS (At different speeds)
8:15 – 9:15	BREAKFAST
9:30 – 10:30	DISCUSSION PANEL George Guthrie, George Cho, Constantine Psimopoulos, Jasdeep Saluja, Jonathon Thorp
10:45 – 11:00	FLOURISHING MOMENT: MUSICAL MEDITATION
11:00 – 11:15	BREAK
11:15 – 12:15	PRESENTATION: George Guthrie, MD Sozo
12:30 – 1:30	LUNCH
1:30 – 6:00	TRAVEL AND NATURE TIME IN BANFF
6:30 – 7:30	LIGHT PLANT BASED REFRESHMENTS
8:00 – 8:45	PRESENTATION <i>Living Well Lifestyle Immersion Project</i> Olivier Drouin, MD
8:45 – 9:00	FLOURISHING MOMENT: SAVOURING

Sunday, May 17, 2026

BANFF CENTRE

7:00 – 8:00	EXERCISE
7:00 – 8:30	BREAKFAST
9:00 – 9:45	KEYNOTE SPEAKER <i>Arete as Flourishing and Theosis: A Journey of Life and Meaning</i> Constantine Psimopoulos, PhD, MBE
10:00 – 11:00	PRACTICE ORIENTED TALKS: Jasdeep Saluja, MD <i>Beyond the Prescription: How Compassion, Lifestyle, and GLP-1s Unlock Healing</i> Anissa Armet, PhD, RD <i>Microbiome-targeted dietary interventions for optimal human health</i>
11:15 – 12:15	CLOSING KEYNOTE <i>Little Things, Big Outcomes</i> Roger Seheult, MD
12:15 – 12:30	CLOSING REMARKS & WRAP-UP FLOURISHING MOMENT
12:30 – 1:30	BUFFET LUNCH
1:30 onwards	INFORMAL NETWORKING IN NATURE! ENJOY BANFF!