

1ST ANNUAL LIFESTYLE MEDICINE & FLOURISHING SYMPOSIUM

May 1 - 4, 2025

LIFESTYLE MEDICINE & FLOURISHING: FROM EVIDENCE TO PRACTICE

BURMAN UNIVERSITY

THURSDAY, MAY 1, 2025

BURMAN UNIVERSITY CAFETERIA

6:00 - 8:00 PM - DINNER WITH THE DOCTOR:

"Lifestyle Medicine, Epigenetics, and the Future of Medicine"

John Kelly, MD, MPH, FACLM

FRIDAY, MAY 2, 2025

BURMAN PE CENTRE

6:00-7:00 AM EXERCISE & REJUVENATION (optional)

BURMAN UNIVERSITY CAFETERIA

7:30-8:45 AM

WFPB BREAKFAST

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

Loren Agrey, President of Burman University, Maureen Towle, Assistant Deputy Minister Strategic Policy and Performance, AB Health, Maria Theodorou, Chair of Canadian Lifestyle Medicine MIG, Pekka Määttänen (Organizing Committee Chair), and Loreen Wales (Organizing Collaborator)

9:15-10:05 AM

KEYNOTE ADDRESS:

"Mind-Body Connections: "Lifestyle Medicine and Neuroplasticity"

John Kelly, MD, MPH, FACLM

10:15-11:15 AM

"Alberta Beckons...Wins and Practical Tips for a Lifestyle Medicine Program"

Emmanuel Gye, MD, Founder of AB Clinic & Hussain Khimji, MD, AB Clinic Airdrie, Alberta

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BURMAN UNIVERSITY CAFETERIA

11:15-12:00 PM

"Thriving Together: The Future of Family-Centered Healing and Community Well-Being"

Mylène Juneau, MD, Dip. ABLM

12:15-1:00 PM LUNCH & DEMONSTRATION

Lisa Lindquist, RD, Loreen Wales, RD and Revive Wellness Team

1:10-1:30 PM DIGESTIVE WALK & ORCHARD TOUR:

MEET AT THE SUNDIAL

Pekka Määttänen & Klaus Irrgang

1:30-2:45 PM

"Molecular Health: Where Science Meets Self-Care"

Robert Fraser, PhD (Molecular You) & Loreen Wales, RD (Revive Wellness and MyViva)

3:00-3:45 PM

"Optimizing Gut Microbiota and their Metabolites with Diet"

Pekka Määttänen, PhD, Chair of Biology, Burman University

4:00-4:45 PM INTRODUCTION TO FLOURISHING

Carole Anderson, PhD & Heather Gretton, PhD

4:45-5:00 PM CONNECTIONS & EXHIBITS

5:00-6:00 PM SUPPER

6:00-7:00 PM "AWE" WALK & ACTIVITY (Optional)

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BURMAN UNIVERSITY CAFETERIA

7:15-7:30 PM ANNOUNCEMENTS & ACTIVITY RECAP

7:30-8:30 PM

EVENING KEYNOTE:

"How Humans Work"

Marc Braman, MD, MPH, FACLM

8:30 PM

WELCOMING REST:

"Setting Restful Intention"

Daniel Saugh, PhD, RP

SATURDAY, MAY 3, 2025

MEET AT THE SUNDIAL (CAMPUS CENTRE)

**7:00-8:00 AM MORNING WALK & GRATITUDE
(Optional)**

BURMAN UNIVERSITY CAFETERIA

8:00-9:00 AM

WFPB BREAKFAST

9:30-10:50 AM

"Meaning, Purpose, and Spirituality in Healthcare"

*Facilitated by Marc Braman, MD, MPH, FACLM,
Jasdeep Saluja, MD, FRCPC, Dip. ABLM, Henry Leung,
FRCPC, Consulting Psychiatrist, Recovery Alberta,
the Burman University LMF Team*

11:00-11:30 AM Music & Gratitude Prayer

*Naomi Delafield, Carole Anderson, PhD,
Heather Gretton, PhD, Daniel Saugh, PhD, RP*

11:30-12:30 PM

"Lifestyle Medicine: 'Really Whole' Health"

John Kelly, MD, MPH, FACLM

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SATURDAY, MAY 3, 2025 (CONTINUED)

BURMAN UNIVERSITY CAFETERIA

1:00 - 2:00 PM LUNCH & CONNECTING

2:00-3:00 PM

"The Blue Zones Power 9"

Wayne Dysinger, MD, MPH, FACLM

RELOCATE TO BANFF, AB

Those Carpooling, meet at the sundial immediately after Dr. Dysinger's presentation.

3:30-6:30 PM TRAVEL TIME TO BANFF

6:30-7:30 PM BOW RIVER FALLS WALK (optional)

Meet in the Parking lot of the Banff Centre

Pekka Määttänen, PhD

KINNEAR CENTRE FOR CREATIVITY AND INNOVATION: KC201

7:30-8:30 PM

"The Human Experience" Tea and Talk:

Marc Braman, MD, MPH, FACLM Jasdeep Saluja, MD, FRCPC, Dip ABLM

8:30-9:00 PM FLOURISHING MOMENT

Carole Anderson, PhD & Heather Gretton, PhD

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B A N F F , A L B E R T A

SUNDAY, MAY 4, 2025

6:00-7:00 AM MORNING HIKE (Optional)

TUNNEL MOUNTAIN - MEET IN LOBBY

Pekka Määttänen

VISTA'S DINING ROOM

7:00-9:00 AM BUFFET BREAKFAST

**KINNEAR CENTRE FOR CREATIVITY
AND INNOVATION: KC201**

9:00-10:00 AM

"Lifestyle Medicine Assessment and Treatment -
Angles, Aspects and Advances"

Wayne Dysinger, MD, MPH, FACLM

10:15-11:15 AM

"Bridging Lifestyle Medicine and Health System
Science: Advancing Health Equity Through
Innovative Care Models"

Camille Clarke, MD

11:20-12:20 PM

CLOSING KEYNOTE:

"I Have a (Lifestyle Medicine) Dream"

John Kelly, MD, MPH, FACLM

12:20-12:30 PM

CLOSING REMARKS

LMF Team, Burman University and Revive Wellness

VISTA'S DINING ROOM

12:30-1:30 PM CATERED PLANT-BASED BUFFET LUNCH



BURMAN
UNIVERSITY

LIFEstyle Medicine and Flourishing Centre

S P O N S O R S



molecular **you**



revive
revive wellness inc.

my viva®



rosy farms