



First GCC Lifestyle Medicine and Sciences Symposium

16-20 June 2019

Day 1

Sunday 16/06/2019

CME Hrs	Time		Topics	Speakers
	From	To		
	7:30	8:30	Registration	
0:30	8:30	9:00	Saudi Arabian lifestyle core pillars	Dr.Saleh AlRajhi
0:30	9:00	9:30	Who can Coach, principles, qualities of effective coaching	Dr.Fatimah AlAhmari
0:15	9:30	9:45	Coffee Break	
0:30	9:45	10:15	Lifestyle and wellbeing of the 1 care physician Exercises as a treatment of psychiatric illness Physicians wellness	Dr.Shaymaa AlShareef
0:30	10:15	10:45	Social determinants in lifestyle practice	Abdulmohseen Alzalabani
0:30	10:45	11:15	Powering nutrition in lifestyle training	Dr.Abdulaziz AlOthman
0:30	11:15	11:45	LM of cost of health care model and practice	Dr.Saleh AlRajhi
	11:45	1:00	Prayer & Lunch Break	
	13:00	13:30	Fitness opportunities and obstacles in KSA	Dr.Reem AISerour
	13:30	14:00	New Model of Care	Dr.Saud AlOmar
	14:00	14:30	Urban planning and new 2030 Saudi lifestyle	Dr. Saleh AlRajhi
	14:30	15:00	Emotional Wellness/Stress Reductioncoaching	Dr. Khaldoun Marwa
	5:00:00	15:30:00	Saudi Obesity Program	Dr. Saad AlZahrani
2:45	Day 1 = CME Hours			

Day 2**Monday 17/06/2019**

CME Hrs	Time		Topics	Speakers
	From	To		
0:30	8:00	8:30	The Missing Treatment	Dr.Nahla Bawazeer
0:30	8:30	9:00	Sleep and Health	Dr.Faisal Alswaidan
0:30	9:30	10:00	Medai and Lifestyle	Dr.Saleh Alrajhi
0:30	10:00	10:30	perception of lifestyle medicine	Dr.Abdulrahman Alsugair
0:15	10:30	10:45	Coffee Break	
0:30	10:45	11:15	Areas of change in Saudi lifestyle	Dr.Omar khairat
0:30	11:15	11:45	Policy making	Dr.Saleh Alrajhi
0:30	11:45	12:15	Sleep Hygiene	Dr.Saleh Alrajhi
12:45	12:15	1:00	Prayer & Lunch Break	
0:30	1:00	1:30	Mediterranean diet	Dr.Hessah AlHussaini
0:30	1:30	2:00	Childhood obesity	Dr.Turki alMogbel
0:30	2:30	3:00	Positive trend	Dr.Saud AlOmar
0:30	3:30	4:00	Lifestyle medicine in islamic teaching	Dr.Saleh Alrajhi
0:30	4:00	4:30	The role of nursing in lifestyl medisine	Dr.Obaid Alrshoud
			Closing Remarks	
19:00	Day 2 = CME Hours			



Lifestyle Medicine Research Day

Day 1		Tuesday, 18 June, 2019		
CME Hrs	Time		Topics	Speakers
	From	To		
	7:30	8:30	Regesteration	
1:00	8:30	9:30	Research Oppurtintiuies in Lifestyle Medicine	Dr.Saleh AlRajhi Assisted by Mrs.Alaa Alqurashi
1:00	9:30	10:30	Current lifestyle medicine research in Saudi Arabia	Dr.Mohammed AlSheef
0:30	10:30	11:00	Coffee Break	
2:00	11:00	13:00	Panel Workshop Session/Discussion: "Research and lifestyle" Panelists: Dr.Omar Khairat, Dr. Saud AlOmarr, Dr. Abdulrahman AlSogair "	Dr.Saleh AlRajhi Assisted by Mrs.Alaa Alqurashi
0:00				
0:00				
0:00				
4:30	Day 1 = CME Hours			



Lifestyle Medicine Research Day

Day 1	Tuesday, 18 June, 2019	
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CME Hrs	Time		Topics	Speakers
	From	To		
	7:30	8:30	Registration	
1:00	8:30	9:30	Research Opportunities in Lifestyle Medicine	Dr.Saleh AlRajhi Assisted by Mrs.Alaa Alqurashi
1:00	9:30	10:30	Current lifestyle medicine research in Saudi Arabia	Dr.Mohammed AlSheef
0:30	10:30	11:00	Coffee Break	
2:00	11:00	13:00	Panel Workshop Session/Discussion: "Research and lifestyle" Panelists: Dr.Omar Khairat, Dr. Saud AlOmarr, Dr. Abdulrahman AlSogair "	Dr.Saleh AlRajhi Assisted by Mrs.Alaa Alqurashi
0:00				
0:00				
0:00				
4:30	Day 1 = CME Hours			

Day 2	Wednesday, 2 January, 2019	
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CME Hrs	Time		Topics	Speakers
	From	To		
0:30	8:00	8:30	Introduction to lifestyle medicine	Dr. Saleh Alrajhi
0:30	8:30	9:00	Evidence-Based Life Style Medicine	Dr.Wayne Dysinger
0:30	9:00	9:30	Development of Lifestyle Medicine: Global Strategy and Perspectives	Dr.Stephan Herzog
0:30	9:30	10:00	Epigenetics: how our genes respond to the food we eat Physician's competencies for prescribing life style medicine	Dr.Mohamed AlHumaidan
0:15	10:00	10:15	Coffee Break	
0:30	10:15	10:45	Understanding behavioral change by understanding the brain	Dr.Khaldun Marwa