



Women's Medicine Collaborative

A program of The Miriam Hospital

Lifespan. Delivering health with care.®

Second Annual Lifestyle Medicine Symposium

Thursday, May 4, 2017

AGENDA

5:00 – 5:30 Registration & Healthy Dinner

5:30 – 5:40 Welcome / What is Lifestyle Medicine?

Peg Miller, MD, FACP

Chief, Women's Medicine, Lifespan Physician Group

Director, Women's Medicine Collaborative

Associate Professor of Medicine, Warren Alpert Medical School of Brown University

5:45 – 6:30 Motivational Interviewing

Lucy Rathier, PhD

Director and Staff Psychologist, Behavioral Medicine Clinical Services,

Lifespan Physician Group

Clinical Associate Professor of Psychiatry and Human Behavior, Alpert Medical School

6:35 – 7:20 Intuitive Eating: Get off the Dieting Rollercoaster

Elizabeth Fayram, RDN, LDN, CEDRD

Dietitian, LizFayramRDN Nutrition Counseling

Brooke Huminski, MSW, LICSW

Psychotherapist, private practice

Primary Therapist, Walden Behavioral Care

Clinician, Butler Hospital

7:25 – 8:10 The Heart Has Its Reasons: Can Negative Emotions Cause Heart Disease?

Elena Salmoirago-Blotcher, MD, PhD

Assistant Professor of Medicine and Epidemiology (Research), Alpert Medical School

Centers for Behavioral and Preventative Medicine, The Miriam Hospital

8:15 – 8:30 Closing Remarks/Evaluations

Peg Miller, MD, FACP