



Lifespan Lifestyle Medicine Center

A Lifespan Physician Group Practice

Delivering health with care.®

Fourth Annual Lifestyle Medicine Symposium

Thursday, November 7, 2019
Johnson & Wales University

AGENDA

5:00 - 5:30

Registration, Networking & Healthy Dinner

5:30 - 5:45

What is Lifestyle Medicine?

Peg Miller, MD, FACP

Chief, Women's Medicine, Lifespan Physician Group

Director, Women's Medicine Collaborative

Director, Lifespan Lifestyle Medicine Center

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

5:45 - 6:45

Fibromyalgia and Movement: A Lifestyle Medicine Approach

Mariah Stump, MD, FACP

Attending Physician, Women's Primary Care, Women's Medicine Collaborative

Acupuncturist, Lifespan Lifestyle Medicine Center

Clinical Assistant Professor of Medicine, Alpert Medical School of Brown University

6:45 - 7:45

The Gut Microbiome

Colleen Kelly, MD, FACP

Gastroenterologist, Lifespan Physician Group-Gastroenterology & Center for Women's

Gastrointestinal Medicine, Women's Medicine Collaborative

Associate Professor of Medicine, Alpert Medical School of Brown University

7:45 - 8:15

Fermented Foods

Jonathan Poyourow, MA, RD, LD, CSCS

Registered Dietitian, Chef

Assistant Professor, College of Culinary Arts, Johnson & Wales University

Chef/TV Host, Changing the Way the World Eats, NBC 10-TV

8:15 - 8:30

Closing Remarks & Evaluations

Peg Miller, MD, FACP