



**Women's Medicine Collaborative\***

*Lifespan. Delivering health with care®*

\*The Miriam Hospital d.b.a. Women's Medicine Collaborative

# Third Annual Lifestyle Medicine Symposium

Thursday, April 26, 2018  
Johnson & Wales University

## AGENDA

5:00 - 5:30

Registration, Networking & Healthy Dinner

5:30 - 5:45

Welcome / What is Lifestyle Medicine?

**Peg Miller, MD, FACP**

*Chief, Women's Medicine, Lifespan Physician Group*

*Director, Women's Medicine Collaborative*

*Director, Lifestyle Medicine Center, Women's Medicine Collaborative*

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

5:45 - 6:45

Intuitive Eating: Science & Application

**Evelyn Tribole, MS, RD, CEDRD-S**

*Registered Dietitian*

*Co-pioneer of Intuitive Eating*

*Author*

6:45 - 7:30

Behavioral Sleep Medicine: Better Sleeping Through Psychology

**Jared Minkel, PhD**

*Psychologist, Lifespan Physician Group-Psychology*

*Director, Adult Behavioral Sleep Medicine Program, Rhode Island Hospital*

*Clinical Assistant Professor of Psychiatry & Human Behavior, Alpert Medical School*

7:30 - 8:15

Take Comfort in Plant-Based Cuisine

**Allison Acquisto, MA, RDN, LDN**

*Registered Dietitian*

*Associate Professor, College of Culinary Arts, Johnson & Wales University*

**Jonathan Poyourow, MA, RD, LD**

*Registered Dietitian*

*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**