

## FirstLine Therapy® Certification Program Schedule 2018: Friday

Time & Location	Course Content
7:00–8:00 AM	Registration, BIA Testing, Breakfast
8:00–9:00 AM	<b>Changing Health Care with Lifestyle Medicine</b> —Tricia Paulson, ND
9:00–10:00 AM	<b>An Operating System for Lifestyle Medicine</b> —Elizabeth DiMeo, MS, CNS, LDN
10:00–10:30 AM	Break
10:30 AM–12:15 PM	<b>Walking a Patient Through a Lifestyle Medicine Program</b> —Tricia Paulson, ND
12:15–1:15 PM	Lunch Provided
1:15–3:00 PM	<b>Eating the Modified Mediterranean Way—Creating Effective Meal Plans for Your Patient (Part 1)</b> Tricia Paulson, ND
3:00–3:30 PM	Break
3:30–4:30 PM	<b>Eating the Modified Mediterranean Way—Creating Effective Meal Plans for Your Patient (Part 2)</b> Tricia Paulson, ND

## FirstLine Therapy® Certification Program Schedule 2018: Saturday

Time & Location	Course Content
7:00–8:00 AM	Breakfast
8:00–10:00 AM	<b>Lifestyle Educator Roles, Responsibilities, and Coaching Your Patient for Success (Part 1)</b> Elizabeth DiMeo, MS, CNS, LDN
10:00–10:30 AM	Break
10:30 AM–12:00 PM	<b>Lifestyle Educator Roles, Responsibilities, and Coaching Your Patient for Success (Part 2)</b> Elizabeth DiMeo, MS, CNS, LDN
12:00–1:30 PM	Lunch Provided
1:30–4:30 PM (with break in between)	<b>Lifestyle Medicine and Nutritional Support for Blood Sugar Balance, Cardiovascular Health, and Low Lean Body Mass</b> —Cory Rice, DO
3:00–3:30 PM	Break
4:30–5:00 PM	<b>Healthcare Practitioner/Lifestyle Educator Panel Discussion—Open Forum Q &amp; A with the Presenters</b> Tricia Paulson, ND—Cory Rice, DO—Elizabeth DiMeo, MS, CNS, LDN

## FirstLine Therapy® Certification Program Schedule 2018: Sunday

Time & Location	Course Content
7:00–8:00 AM	Breakfast
8:00–9:00 AM	<b>Lifestyle Medicine Implementation Best Practices</b> Elizabeth DiMeo, MS, CNS, LDN
9:00–9:15 AM	Break
9:15–11:15 AM	<b>Billing and Coding: Building a Successful Lifestyle Medicine Program</b> Nancy Enos, FACMPE, CPC-I, CPMA, CEMC Medical Group Management Association