

FirstLine Therapy® Certification Program Schedule 2019: Friday

Time & Location	Course Content
7:00–8:00 AM	Registration and BIA Testing
8:00–8:30 AM	Welcome and Introductions —Kristi Tuck, Director, Practice Systems
8:30–9:15 AM	Changing Health Care with Lifestyle Medicine —Tricia Paulson, ND
9:15–9:45 AM	An Operating System for Lifestyle Medicine —Tricia Paulson, ND
9:45–10:15 AM	Break
10:15 AM–12:00 PM	Walking a Patient Through a Lifestyle Medicine Program —Tricia Paulson, ND
12:00–1:00 PM	Lunch provided
1:00–3:00 PM	Eating the Modified Mediterranean Way —Elizabeth DiMeo, MS, CNS, LDN
3:00–3:30 PM	Break
3:30–4:30 PM	Creating Effective Meal Plans for Your Patient (Workshop)—Elizabeth DiMeo, MS, CNS, LDN
4:30–5:30 PM	Cocktail reception

FirstLine Therapy Certification Program Schedule 2019: Saturday

Time & Location	Course Content
8:00–10:00 AM	Lifestyle Educator Roles, Responsibilities, and Coaching Your Patient for Success (Part 1) —Elizabeth DiMeo, MS, CNS, LDN
10:00–10:30 AM	Break
10:30 AM–12:00 PM	Lifestyle Educator Roles, Responsibilities, and Coaching Your Patient for Success (Part 2) —Elizabeth DiMeo, MS, CNS, LDN
12:00–1:00 PM	Lunch provided
1:00–3:30 PM (Break 2:30–3:00 PM)	Lifestyle Medicine for Blood Sugar Balance, Cardiovascular Health, Low Lean Body Mass, and Nutritional Interventions for Lifestyle Medicine —Tricia Paulson, ND
3:30–4:30 PM	Profiling Patients for Lifestyle Medicine —Tricia Paulson, ND
4:30–5:00 PM	Closing comments—Open Forum Q&A

1-hour postcertification WebEx to be scheduled	Billing and Coding: Building a Successful Lifestyle Medicine Program —Nancy Enos, FACMPE, CPC-I, CPMA, CEMC Medical Group Management Association
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