

ALLTIMES POSTED IN

Virtual FirstLine Therapy Program Schedule (FRIDAY)

EASTERN TIME

Time (ET)	Course Content
10:00-10:15 AM	Welcome to Virtual FirstLine Therapy - Kristi Tuck, Senior Manger, Education & Events
10:15-11:00 AM	Changing Health Care with Lifestyle Medicine and An Operating System for Lifestyle Medicine - Tricia Paulson, ND
11:00-11:15 AM	Break
11:15-12:45 AM	Walking a Patient Through a Lifestyle Medicine Program - Tricia Paulson, ND
12:45-1:45 PM	Product sampling 12:45-1:00 Lunch break 1:00-1:45
1:45-2:45 PM	Eating the Modified Mediterranean Way - Elizabeth DiMeo, MS, CNS, LDN
2:45-3:00 PM	Break
3:00-4:00 PM	Creating Effective Meal Plans - Elizabeth DiMeo, MS, CNS, LDN

ALL TIMES POSTED IN

Virtual FirstLine Therapy Program Schedule (SATURDAY)

EASTERN TIME

Time (ET)	Course Content
10:00-11:30 AM	Lifestyle Educator Roles and Responsibilities - Elizabeth DiMeo, MS, CNS, LDN
11:30-11:45 AM	Break
11:45-12:15 AM	Coaching your Patient for Success using SMARTER GOALS - Elizabeth DiMeo, MS, CNS, LDN
12:15 AM-1:15 PM	Lifestyle Medicine for Chronic Disease and Medical Foods & Lifestyle Medicine - Tricia Paulson, ND
1:15-2:15 PM	Product sampling 1:15-1:30 PM Lunch break 1:30-2:15 PM
2:15-3:15 PM	Nutritional Interventions for Lifestyle Medicine - Tricia Paulson, ND
3:15-3:30 PM	Break
3:30-4:00 PM	Profiling Patients for Lifestyle Medicine - Tricia Paulson, ND
4:00 -4:15 PM	Lifestyle Implementation and Best Practices - Veronica Gasko, DC

Post-certification teleconference to be scheduled	Medical Billing and Coding for Healthcare Professionals: Increase Revenue and Build a Successful Lifestyle Medicine Program
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