

# PRACTICE LIFESTYLE MEDICINE



The therapeutic use of six evidence-based pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—can treat, prevent, and even reverse chronic disease.



**LEARN** about lifestyle medicine through a large assortment of offerings, including a complimentary 5.5 CE/CME Lifestyle Medicine Essentials Bundle.

**JOIN** a rapidly growing network of healthcare providers and team members by joining ACLM.



**NETWORK** with peers by joining any of the over 30 Member Interest Groups, including PA, RN/APRN, Primary Care, Geriatrics, Pediatrics, Women's Health, Cardiology, Endocrinology, and many more.



**SHARE** impactful resources with your patients.

**CONNECT** with other healthcare providers and clinicians who are engaged in lifestyle medicine as well as explore resources and events.



**SOLIDIFY** your knowledge and skills by becoming an ACLM Certified Lifestyle Medicine Diplomate.

# TEACH LIFESTYLE MEDICINE



**ACCESS** the Lifestyle Medicine 101 resources - free lifestyle medicine syllabus, instructor's manual, and series of thirteen slide decks you can customize to fit your needs

**EXPLORE** a number of faculty tools and resources through LMed



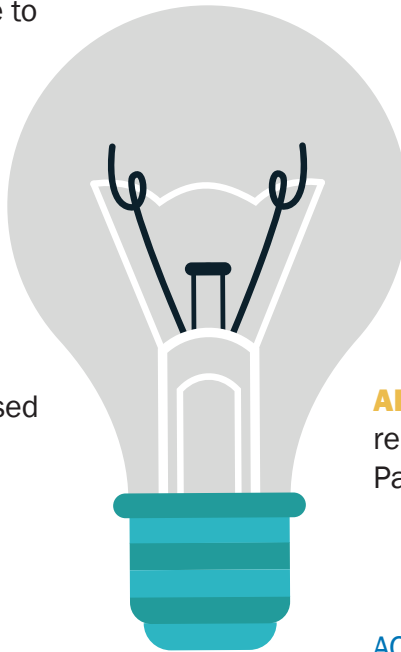
**DOWNLOAD** a complimentary Culinary Medicine Syllabus

**USE** the lifestyle medicine question bank to assess student knowledge of lifestyle medicine



**SHARE** a whole food plant-based meal with faculty or students through a Taste of Lifestyle Medicine grant

**APPLY** to have your course recognized as an ACLM-approved Partial Academic Pathway Course



**LIFESTYLEMEDICINE.ORG**

ACLM is here to support your lifestyle medicine practice and education needs.