

15-Day Whole-Food Plant-Based *Jumpstart Program* – Clinician Course –

EMPOWER YOUR PATIENTS TO TAKE CONTROL OF THEIR OWN HEALTH!

A Plant-Based Diet: Experiential Lifestyle Medicine Training for Clinicians

Experience a renewed "Joy of Practice" while earning 24 CME credits
for this combination live-patient and video-recorded program.
AMA PRA Category 1 Credit™

Participate in RLMI's popular **15-Day Whole-Food Plant-Based Jumpstart**
(Live through Zoom).

Experience the abundance of food and health benefits with plant-based eating.

Learn: - the science and politics behind a whole-food plant-based diet
- how lifestyle can prevent, arrest, and reverse chronic disease
- how to guide and support behavior changes in your patients

The self-paced video-based enduring material can be completed before, during, or after
the 15-Day Jumpstart.

Faculty: All are Board Certified in Lifestyle Medicine

Ted D. Barnett, MD, the "High-tech Doctor with Low-tech Solutions," is a diagnostic and
interventional radiologist who has been plant-based since 1991.

Susan M. Friedman, MD, MPH, a geriatrician and expert in behavioral change, is the lead
author of the **American Geriatrics Society's** White Paper on Healthy Aging.

Caroline Trapp, DNP, an expert on diabetes and on "deprescribing" medications, is Director
of Diabetes Education and Care for the **Physicians Committee for Responsible Medicine**.

Call our office or visit our
website to get started!

Rochester Lifestyle Medicine Institute

2024 West Henrietta Rd., Bldg 5A, Rochester, New York 14623

Phone: (585) 484-1254 | Fax: (585) 484-1253 | @roclifemed
info@rochesterlifestylemedicine.org | www.roclifemed.org



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This activity has been planned and implemented in accordance with the accreditation requirements and Policies of the Medical Society of the State of New York (MSSNY) through the joint providership of **The Rochester Academy of Medicine** and **Rochester Lifestyle Medicine Institute**. The Rochester Academy of Medicine is accredited by The Medical Society of the State of New York (MSSNY) to provide continuing medical education for physicians. The Rochester Academy of Medicine designates this live activity for a maximum of **24 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.