



TLWA

LMW2026

LIFESTYLE MEDICINE AND WELLBEING INTERNATIONAL CONFERENCE
Lifestyle Medicine And Wellbeing Association



16th-18th October 2026



Century Park Hotel Bangkok

Topics include

- 🍌 The Fight Against NCDs with Lifestyle Medicine
- 🍌 From Lifestyle Medicine to Whole Person Health:
Integrating Care for People, Communities and the Planet
- 🍌 Whole Person Health: Mental Health and Mindfulness
Mindfulness-based interventions
- 🍌 LM and the UAE's Experience
- 🍌 Lifestyle Medicine in Clinical Practice
- 🍌 LM and Individual Health Prevention
- 🍌 Artistic Tools of Lifestyle Medicine
- 🍌 Woman's Health - Preventive Approach
- 🍌 One Health and Environmental LM
- 🍌 Precision Health and Wellbeing
- 🍌 Mechanisms of Action Across the Six Pillars
- 🍌 Re-imagining Health and Planetary Care: From Disease
Care to Human Flourishing
- 🍌 LM and Critical Care
- 🍌 Beyond Wellness: Engineering the Future of Longevity Medicine



Registration



MEMBER 2024-2025

13,000 THB



NEW MEMBER 2026

16,750 THB



NON MEMBER

16,000 THB



ราคาพิเศษถึง 30 กรกฎาคม 2569



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CME 23

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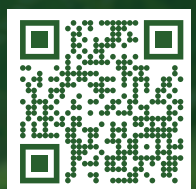
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Century Park Hotel Bangkok



CONTACT : 093-584-0840 , 080-989-7415



E-Mail : info@tlwa.or.th



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VENUE

โรงแรมเซ็นจูรี พาร์ค

CENTURY PARK HOTEL BANGKOK

Experience a warm welcome at Century Park Hotel Bangkok, a four-star hotel offering comfortable accommodation and versatile event spaces in the heart of the city. With meeting rooms and a spacious ballroom, the hotel provides an inviting setting for conferences, seminars, celebrations, and opportunities to connect.

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02 246 7800

การเดินทางมา Rattana Bundit University (RBAC) มหาวิทยาลัยรัตนบัณฑิต



1. เดินทางโดยรถไฟฟ้าผ่านหอนข

BTS สายสุขุมวิท -> ลงสถานีอนุสาวรีย์ชัยสมรภูมิ -> เดินไปถนนรางน้ำ -> เดินตามถนนรางน้ำผ่านสวนสันติภาพ -> ถึงถนนราชปรารภ เลี้ยวซ้าย -> โรงแรมเซ็นจูรี พาร์ค หรือ ต่อแท็กซี่ / รถจักรยานยนต์รับจ้างจากบริเวณสถานีไปโรงแรม

Airport Rail Link -> ลงสถานีราชปรารภ -> เดินตามถนนราชปรารภ มุ่งหน้าไปทางถนนราชวิถี / อนุสาวรีย์ชัยสมรภูมิ -> โรงแรมเซ็นจูรี พาร์ค จากสนามบินสุวรรณภูมิ สามารถนั่งมาลงสถานีราชปรารภได้โดยตรง



1. เดินทางโดยรถยนต์ส่วนตัว

- จากอนุสาวรีย์ชัยสมรภูมิ -> ใช้ถนนราชวิถี มุ่งหน้าไปทางดินแดง -> เข้าถนนราชปรารภ -> โรงแรมเซ็นจูรี พาร์ค
- จากประตูน้ำ -> ใช้ถนนราชปรารภ มุ่งหน้าไปทางถนนราชวิถี / อนุสาวรีย์ชัยสมรภูมิ -> โรงแรมเซ็นจูรี พาร์ค
- จากถนนศรีอยุธยา -> เข้าถนนราชปรารภฝั่งมุ่งหน้าไปถนนราชวิถี -> โรงแรมเซ็นจูรี พาร์ค



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FOR MORE INFORMATION



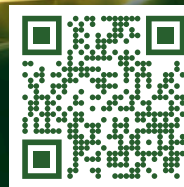
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SCAN ME

TIME	PROGRAMME / TOPIC	SPEAKER / CHAIR
08.00 – 08.05	Welcome Address	Capt.(Ret.) Yongyuth Mayalarp, MD PhD DiplBLM, President of TLWA, Vice Chair IBLM and Representative for Asia
08.05 – 08.30	What “reversal” and “remission” mean – evidence and limits <i>Online Presentation from Mexico</i>	Marcela Sandoval Gaza, MD DiplBLM, Lifestyle Medicine Intensivist
The 6th MOU Signing Ceremony and the Opening Ceremony of the 3rd LMW International Conference, Bangkok 2026		
08.30 – 09.15	Chairperson of the Ceremony	His Excellency Air Chief Marshal Chalit Pukphasuk, Privy Councillor
09.15 – 09.30	Coffee Break	
WORLD OF FOODS		
09.30 – 10.00	Keynote Address 1: The Fight Against NCDs with Lifestyle Medicine	Professor Emeritus Thep Himathongkam, M.D, FACP, FACE Internal Medicine, Diabetes And Thyroid, ViMUT- Theptarin Hospital
10.00 – 10.10	Remarks from the Honorary Distinguished Guest: Prof.Dr.Myo Khin, MD, President, Myanmar Medical Council; Professor, Center for Global Partnerships Project, Okayama University.	Chair: Patnapa Srichomchey, Ph.D., DiplBLM, President of the Thai Dietetics Association
10.10 – 10.35	Healthy Food, Healthy People, Healthy Planet	Mr. Sridhar Dharmapuri, Senior Food Safety and Nutrition Officer, FAO Regional Office for Asia and the Pacific Chair: Patnapa Srichomchey, Ph.D., DiplBLM
10.35 – 11.05	Alkaline Diet	Asst. Prof. Patana Teng-umnuy, MD., PhD., Vice President of TLWA, Lecturer, The College of Integrative Medicine, Dhurakij Pundit University, Thailand Chair: Patnapa Srichomchey, Ph.D., DiplBLM
INTRODUCTION TO WHOLE PERSON HEALTH		
11.05 – 11.45	Keynote Address 2: From Lifestyle Medicine to Whole Person Health: Wholeness is Health for People, Communities and Planet	Marc Braman, MD, MPH, FACLM, FACPM, International Board of Lifestyle Medicine
11.45 – 12.10	Evidence-based LM and WPH – The Thai Context	Assoc.Prof.Sakda Arj-Ong Vallibhakara, MD DiplBLM, Faculty of Public Health, Mahidol University
12.10 – 13.00	LUNCH SYMPOSIUM	
Moderator: Paramee Sangsuwan		
13.00 – 13.45	Whole Person Health: Mental Health and Mindfulness – Foundations and Real-World Integration Mindfulness-Based Interventions: Cultivating Inner Capacities for Whole Person Health Integrating Mindfulness-Based Interventions into Whole Person Health and Lifestyle Medicine	Claire Kelly, Oxford Mindfulness Foundation – Online Tanita Watprasong, PhD DiplBLM – On Site
13.45 – 15.25	Panel Discussion: The Six Musketeers of LM Nutrition as Medicine – Pijika Watcharapichat, MD, PhD, DiplBLM Physical Activity as Medicine – Kobkullaya Chuengprasertsri, MD DiplBLM Sleep and Circadian Health – Prof.Naricha Chirakalwasan, MD Stress, Mindfulness and Emotional Regulation – Jinhatha Panyasorn DDS, CHCQM, DiplBLM	Chair: Kobkullaya Chuengprasertsri, MD DiplBLM, Vice President and Treasurer of TLWA
15.25 – 15.40	Coffee Break	
15.40 – 16.05	LM and the UAE's Experience	Abeer AlTeneiji, MD DiplBLM, Public Health Medicine Consultant; President, Emirates Lifestyle and Longevity Medicine Society (ELLMS)
16.05 – 16.30	From Patient Transformation to System Change: Making Lifestyle Medicine Work in Clinical Practice – The Swiss Experience	Denis Pfeiffer, MD DiplBLM, President, Lifestyle Medicine Society Switzerland

TIME	PROGRAMME / TOPIC	SPEAKER / CHAIR
16.30 – 18.00	Lifestyle Medicine in Clinical Practice	Chair: Asst.Prof.Orawin Vallibhakara, MD DiplBLM
	LM in Geriatric Practice – Ornicha Thititagul, MD, DiplBLM	
	LM in Ophthalmology – Adj. Asst. Prof. Duangmontree Rojdamrongratana, M.D.	
	LM in Paediatric Practice – Associate Professor Tawima Sirirassamee, MD	
	LM in Menopausal Practice – Asst.Prof.Orawin Vallibhakara, MD DiplBLM	
16.30 – 18.00	Remarks from the Honorary Distinguished Guest: Prof.Dr.Myo Khin, MD, President, Myanmar Medical Council; Professor, Center for Global Partnerships Project, Okayama University.	

TIME	PROGRAMME / TOPIC	SPEAKER / CHAIR
LIFESTYLE MEDICINE AND INDIVIDUAL HEALTH PREVENTION		
08.00 – 08.20	Artistic Tools of Lifestyle Medicine	Capt.(Ret.) Yongyuth Mayalarp, MD PhD DipIBLM, President of TLWA, Vice Chair IBLM and Representative for Asia
08.20 – 09.20	Panel Discussion: LM and Individual Health Prevention Dermatologist's LM Approach – Ichkal Bhudisaksang, MD DipIBLM Fight against Obesity – Chutiya Kirdsiri, MD DipIBLM LM and Allergy – Asst. Prof. Siriporn Hiranniramol, MD DipIBLM	Chair: Sinthu Kosasih, MD DipIBLM
09.20 – 09.50	Woman's Health – Preventive Approach	Professor Sarikapan Wilailak, MD, President, Royal College of Obstetrics and Gynaecology
09.50 – 10.30	Lifestyle Modification in Lao PDR	Bounpheng Philavong, MD, MPH, PhD, Vice- Chair of Medical Professional Board, Health Professional Council of Lao PDR
09.50 – 10.30	Myanmar's Approach to LM	Tin Maung Htwe, MD, EC member of People's Health Foundation, (Doc.Htwe, Health Journalist), The Republic of the Union of Myanmar
10.30 – 10.45	Coffee Break	
10.45 – 12.15	Panel Discussion: One Health and Environmental LM Environment and Health issues – Pakpilai Thavisin, MD Contamination of Heavy Metals in LM Pillars – Bancha Daengneam, MD DipIBLM Health and Climate Change Nexus – Kong Suriye, PhD One Health: Human-Animal-Environment Nexus – Asst.Prof.Waraphon Phimpraphai, PhD	Chair: Bancha Daengneam, MD DipIBLM, Member of the Academic Committee, Department of Medical Services, Ministry of Public Health of Thailand
12.15 – 13.00	LUNCH SYMPOSIUM	
Moderator: Poonyanuch Chongjaroenjai, MD, DipIBLM.		
PRECISION HEALTH AND WELLBEING		
13.00 – 13.30	Mechanisms of Action Across the Six Pillars	Miina Öhman, MD PhD DipIBLM, President of the Singaporean LM Society
13.30 – 15.00	Panel Discussion: Lifestyle Medicine and Omics Sciences Genetics – Kanin Teerawatanapong, MD Epigenetics – Asst. Prof.Amornpun Sereemaspun, MD PhD Gut Microbe – Kobkul Sudsuansri, PhD Proteomics – Waga Iwao, PhD	Chair: Poowadol Thammarat, PhD, Director, Business Advancement (Wellness & Occupational Health), N Health
15.00 – 15.15	Coffee Break	
15.15 – 17.15	Prevention Economics and Productive Populations WPH in the Population's Context – Marc Braman, MD, MPH, FACLM, FACPM LM and Productive Populations – Abeer AlTeneiji, MD DipIBLM Health Leadership for Advancing Lifestyle Medicine in Lao PDR – Bounpheng Philavong, MD, MPH, PhD Suicide: The Modern World's Dilemma – Prakarn Thomyangkoon, MD Population Quality and Policy – Wimonrat Wanpen, MD	Chair: Suphalerk Wijaranayan, B.Sc. MD ABAARM, DipIBLM, Rajavithi Hospital

TIME	PROGRAMME / TOPIC	SPEAKER / CHAIR
08.00 – 08.40	Keynote Address 3: Re-imagining Health and Planetary Care: From Disease Care to Human Flourishing	Capt.(Ret.) Yongyuth Mayalarp, MD PhD DipIBLM, President of TLWA, Vice Chair IBLM and Representative for Asia
08.40 – 09.10	LM and Critical Care	Ratapum Champunot, MD DipIBLM Critical Care, Bangkok Phitsanuloke Hospital
09.10 – 09.40	Beyond Wellness: Engineering the Future of Longevity Medicine	Asst.Prof.Mart Maiprasert, MD, Dean of the College of Integrative Medicine, Dhurakij Pandit University, TLWA Advisor
09.40 – 11.00	Panel Discussion: Leadership and Professional Wellbeing Medical Leadership – Wonchat Subhachaturas, MD Values-based leadership – Denis Pfeiffer, MD DipIBLM Preventing Burnout in Healthcare Professionals – Prakitpunthu Tomtitchong, MD, MSc, PhD, FRCST	Chair: Saranya Ngamrassamiwong MD, DipIBLM, Diagnostic Radiologist, Director of Oncology Imaging Centre and Nuclear Medicine Clinic, Bangkok Hospital
10.40	Coffee served in the Conference Room	
11.00 – 12.15	Panel Discussion: The Future of Whole Person Health and LM (Education / Health Systems / Technology / Planetary Responsibility) Capt.(Ret.) Yongyuth Mayalarp, MD PhD DipIBLM Miina Öhman, MD PhD DipIBLM Naravut Suvannang, PhD	Chair: Sarisa Klomchitcharoen, MD DipIBLM / Pongkasem Wintakorn, MD DipIBLM
12.15 – 13.00	Lunch	
13.30 – 17.30	Diploma of the International Board of Lifestyle Medicine Examination	Proctor: Marc Braman, MD, MPH, FACLM, FACPM, International Board of Lifestyle Medicine



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REGISTRATION RATE

REGISTRATION CLOSING 10 OCTOBER 2026

Registration Type	Rate
 Member 2024-2025	13,000 THB
 Non Member	16,000 THB
 New Member 2026	16,750 THB



KBank

ธนาคารกสิกรไทย

ชื่อบัญชี: สมาคมเวชศาสตร์วิถีชีวิตและสุขภาพไทย

เลขบัญชี: **170-8-06667-9**



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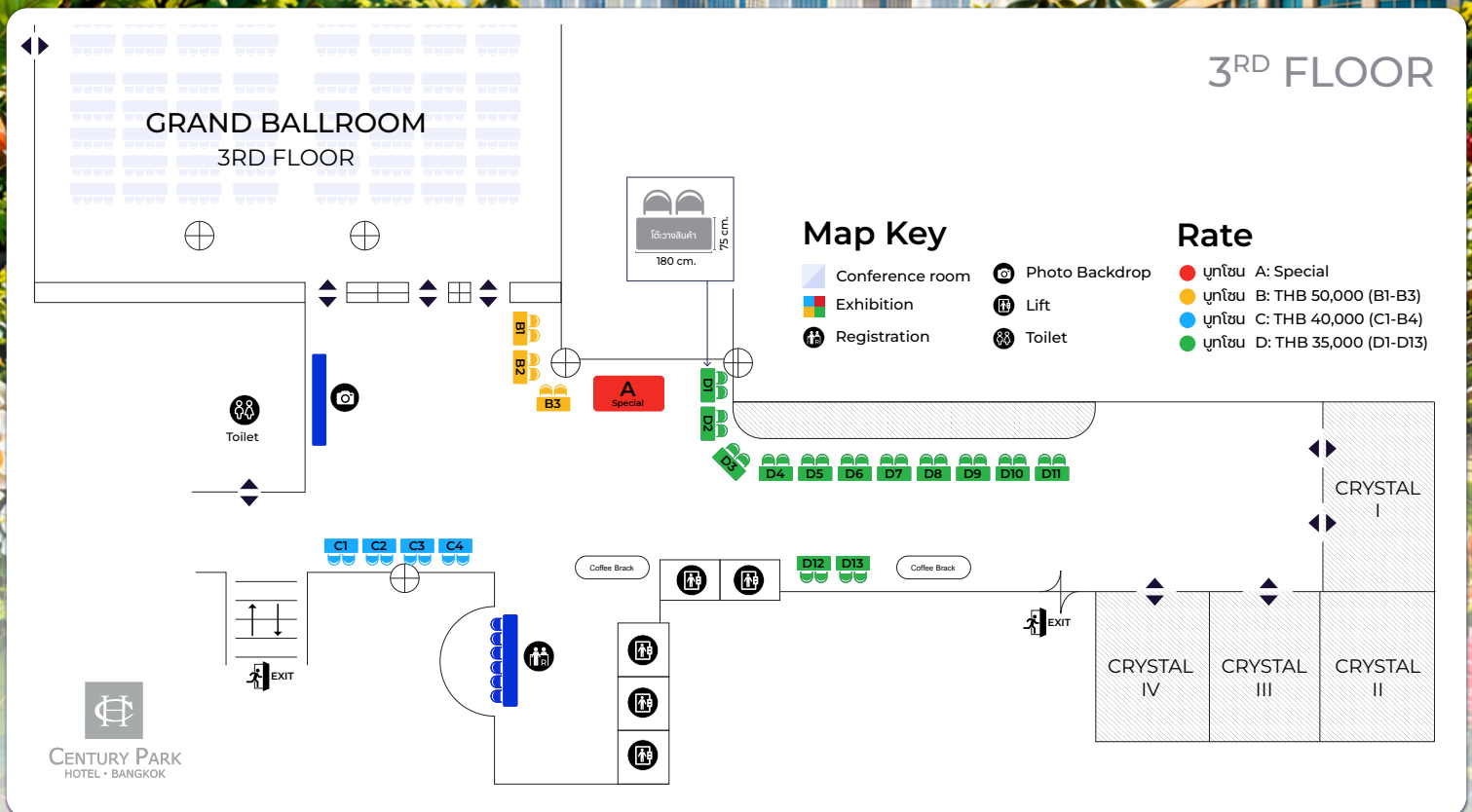
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สิทธิประโยชน์บุทจัดงาน

- พื้นที่จัดบุท 1 บุทมีขนาด 1.8 x 0.8 m. โต๊ะ 1 ตัว เก้าอี้ 2 ตัว
- อาหารเที่ยงพนักงานประจำบุทจำนวน 2 ที่ ทุกวัน
- พิธีกรกล่าวขอบคุณ บนเวทีงานประชุม และขึ้นโลโก้บน Website ของสมาคมเวชศาสตร์วิถีชีวิตและสุขภาพะไทย
- ขึ้นโลโก้บนจอ LED บริเวณบนเวทีงานประชุม
- ขึ้นโลโก้บนจอ LED ขณะช่วงเวลาพักเบรก และขึ้นโลโก้ขอบคุณเมื่อจบการสัมมนาในทุกวัน
- ขึ้นโลโก้ขอบคุณในวितัติศน์ของสมาคม ที่เปิดในงานประชุม
- หากท่านจอง 2 บุทขึ้นไป ท่านสามารถติดต่อขอราคาพิเศษได้ทางเบอร์โทรศัพท์ 093-584-0840 , 080-989-7415



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