



INTERNATIONAL BOARD OF
LIFESTYLE MEDICINE



Lifestyle Medicine
GLOBAL ALLIANCE

Lifestyle Medicine and Wellbeing International Conference 2024

“ The Rise of Health Lifestyle and Wellbeing in Thailand ”

November 15-17, 2024

📍 Le Lotus, 2nd floor, Swissotel Ratchada Bangkok



Dr. Surakiart Sathirathai



Dr. Chanchai Sittipunt



Dr. Tassana Boontong



Dr. Yongyuth Mayalarp



Dr. Sivanewaran Poobalasingam



Dr. Patana Teng-umnay



Mr. Stephan Herzog



Dr. Sarawut Thepanondh



Dr. Akkarach Bumrungpert



Darren Scherbain

DAY 1 SCHEDULE

November 15, 2024



SCAN
Register

08:00 - 08:05 Welcome Remarks

Dr. Yongyuth Mayalarp

08:05 - 08:30 Introduction to LM - the Six Musketeers

Dr. Yongyuth Mayalarp

08:30 - 09:10 The Establishment of Malaysian Society of LM and the Development of LM in South East Asia

Dr. Sivanewaran Poobalasingam

09:10 - 09:45 Opening Address - Royally-initiated Projects to optimize the People's Lifestyle and Wellbeing

Dr. Surakiart Sathirathai

09:45 - 10:00 Coffee Break and Exhibition Booths

10:00 - 10:45 Lifestyle approach to NCDs

Dr. Patana Teng-umnay

10:45 - 11:30 Cigars, Cigarettes and Electric Cigarettes

Dr. Chanchai Sittipunt

11:30 - 12:05 Burnout, Stress and Positive Psychology

Dr. Tassana Boontong

12:05 - 13:05 Lunch

13:05 - 13:35 Global Trend and the Rise of Lifestyle Medicine and Wellbeing

Mr. Anthony Jude Tan

13:35 - 14:20 Mindfulness and Lifestyle Medicine

Dr. Rex Gloria

14:20 - 14:55 Mindfulness for Digital Detoxification and Improved Life Balance

Phra Paramai Dhanissaro

14:55 - 15:30 Functional Food in LM

Dr. Chanida Pachotikarn

15:30 - 15:45 Coffee Break and Exhibition Booths

15:45 - 16:30 Culinary Medicine: dedicated dishes for optimum health

Dr. Somboon Roongphornchai

16:30 - 17:00 The Path to Flourishing

Mr. Stephan Herzog

17:00 - 17:45 Beauty and Wellbeing from Whole Food, Plant-based Diet

Dr. Smith Arayaskul

17:45 - 18:30 Annual Meeting of the Thai Lifestyle Medicine and Wellbeing Association

18:30 - 22:00 Loy Kratong

GALA Dinner

REGISTRATION FEE

16,000.-

For Thai Citizens And Foreigners Who Have Work Permits
or Permanent Residence in Thailand

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Phra Paramai Dhanissaro



Dr. Pansak Sugkraroek



Dr. Somboon Roongphornchai



Dr. Suchitra Luengamornlert



Dr. Brenda Rea



Dr. Rewadee Chongsuwat



Dr. Kobkullaya Chuengprasertsri



Mr. Anthony Jude Tan



Ms. Watcharee Pinthong

DAY 2 SCHEDULE

November 16, 2024



SCAN
Register

08:00 - 08:30 Physical activity and Optimal Health
Dr. Brian Kunakom

08:30 - 09:15 Cardiovascular disease reversal with
nutrition - Online presentation
Dr. Meagan Grega

09:15 - 09:45 Nursing and LM
Dr. Suchitra Luengamornlert

09:45 - 10:00 Coffee Break and Exhibition Booths

10:00 - 10:50 Restorative Sleep With A Lifestyle
Medicine First Approach
- Online Presentation -
Dr. Amy Mechley

10:50 - 11:35 Stress-free, Sleep and Eternal Beauty
Dr. Kobkullaya Chuengprasertsri

11:35 - 12:10 Environmental Management in LM
Dr. Sarawut Thepanondh

12:10 - 13:10 Lunch

13:10 - 13:40 The Global Lifestyle Medicine
Certification Framework
Mr. Stephan Herzog

13:40 - 14:25 Optimal Men's Health and LM
Dr. Pansak Sugkraroek

14:25 - 14:55 How 2% can add life to your year
Mr. Darren Scherbain

14:55 - 15:25 Role of macronutrients
and micronutrients in LM
Dr. Rewadee Chongsuwat

15:25 - 15:40 Coffee Break and Exhibition Booths

15:40 - 16:10 Gut microbiome and healthy lifestyle
Dr. Kobkul Sudsuansri

16:10 - 17:00 Lifestyle Medicine in Oncology
Dr. Sitt Tienthiti

17:00 - 17:45 How to be a good Coach : LM prescription
Dr. Pansak Sugkraroek



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Dr. Rex Gloria



Dr. Smith Arayaskul



Dr. Brian Kunakorn



Dr. Sitt Tienthiti



Dr. Tangdan Phisalaphong



Dr. Wayne Dysinger

DAY 3 SCHEDULE

November 17, 2024



SCAN
Register

08:00 - 09:00 Longevity, Telomere and LM

Dr. Yongyuth Mayalarp

09:00 - 09:45 LM and its integrative approach - Online presentation -

Dr. Brenda Rea

09:45 - 11:15 Lifestyle Medicine with Dr. Wayne S. Dysinger

Dr. Wayne S. Dysinger

11:15 - 11:30 Evidence-based LM and Summary

Dr. Yongyuth Mayalarp

13:00 - 17:00 **The International Board
of Lifestyle Medicine Examination**



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สมาคมเวชศาสตร์วิถีชีวิตและสุขภาพะไทย

TLWA GALA dinner

ขอเชิญร่วมงานกาล่าดินเนอร์ เนื่องในโอกาสการประชุมนานาชาติ
Lifestyle Medicine and Wellbeing International Conference Bangkok
(LMW Bangkok 2024)

โดยความร่วมมือกับ Lifestyle Medicine Global Alliance,
International Board of Lifestyle Medicine และ พันมิตรอีก 21 องค์กร



“ ”

DINNER Talk

เคล็ดลับ Lifestyle เพื่อสุขภาพที่สดใส

คำวันที่ 15 พฤศจิกายน พ.ศ. 2567
ณ โรงแรม Swissotel Bangkok Ratchada



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