

# One Sharp Be Well-Lifestyle Medicine Essentials

For Sharp-affiliated physicians, physician assistants, nurse practitioners, and other interested health care providers.

**Purpose:** This accredited activity is an introduction to the pillars of lifestyle medicine and champions within Sharp. This activity includes a brief mindfulness practice as well as a cooking demonstration with a meal to follow. Feel free to eat on site or take home. Upon completion of this activity, attendees will be able to access resources within Sharp and sign up for a FREE ACLM Lifestyle Medicine Essentials course.

## The Sharp Prebys Innovation and Education Center

Wednesday, May 31, 2023

5:30 p.m. to 7 p.m. – CME

7 p.m. to 8 p.m. – Dinner

### Teresa Hardisty, MD

Medical Director of Lifestyle Medicine  
Chair, Be Well Committee  
Board Certified Lifestyle Medicine & Pediatrics  
Sharp Rees-Stealy Medical Group

### Angie Neison, MD

Medical Director of Culinary Medicine  
Board Certified Family, Lifestyle & Culinary Medicine  
Sharp Rees-Stealy Medical Group, Mira Mesa

**DISCLOSURE:** Teresa Hardisty, MD and Angie Neison, MD, faculty for this educational event, have no relevant financial relationships to disclose. None of the planners for this educational activity have relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

### Educational Objectives:

Following this activity, participants should be able to:

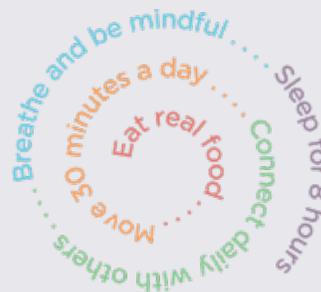
1. Apply the pillars of lifestyle medicine professionally and personally
2. Utilize the Diet ID app for effective patient outcomes

**Text your attendance** the day of the event:

1. Text **17942** to (858) 247-3111
2. New to text attendance? Sign up [here!](#)

**To complete the Health Risk Assessment click [HERE](#).**

**To complete the Diet ID App Feedback survey click [HERE](#).**



# Be Well

**Registration Fee \$20 - To register, please use the following link:**

<https://sharp.cloud-cme.com/OneSharpBeWell>



**Accreditation:** Sharp HealthCare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**CME Credit:** Sharp HealthCare designates this live activity for a maximum of 1.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.