



Sharp Rees-Stealy Medical Group

Implementation Strategies for Lifestyle Medicine – Helping Your Garden Grow

A **knowledge** activity for physicians, pharmacists, physician assistants, nurse practitioners, and other interested health care providers interested in implementing lifestyle medicine strategies.

Wednesday, April 21 – Wednesday, May 26, 2021

5:30 p.m. – 6:30 p.m.

Educational Objectives: Following this activity, participants should be able to:

1. Provide tools for coaching and implementation strategies for each of the 6 pillars of lifestyle medicine.
2. Discuss strategies for adapting lifestyle medicine tools to individual patients based on their goals, accounting for barriers and available resources.
3. Utilize a range of resources available within SRS, San Diego, and online to support lifestyle medicine within your clinical practice.
4. Discuss potential implementation of Complete Health Improvement Program (CHIP) resources reviewed during series.
5. Develop personal lifestyle medicine practices as you engage with these tools in your own life.

Week 1 - April 21st Introduction to Lifestyle Medicine – Gardening 101

Focus: Introduce the series, health risk assessment, mini-introduction to culinary medicine, introducing the CHIP videos and 5-day jump start.

Week 2 - April 28th Motivational Strategies – Preparing the Soil

Focus: Motivational interviewing, SMART goals, and nutrition/cooking demonstration.

Week 3 - May 5th Wellness Strategies – Planting

Focus: Exercise as a vital sign, avoiding risky substances and habits and nutrition/cooking demonstration.

Week 4 - May 12th Lifestyle Medicine Tools – Pruning & Fertilizing

Focus: Stress resiliency, sleep strategies, online resources, and nutrition/cooking demonstration.

Week 5 - May 19th Implementation Strategies – Sharing the Harvest

Focus: Center for Health Management, health coaching, dietician support, nutrition/cooking demonstration, VEBA, Sharp Best Health pilot study and future plans.

Week 6 - May 26th Lifestyle Medicine Expert Panel, Cases and Q & A

Focus: Physician as coach, expert panel, case presentations, and your questions.

See the full agenda and faculty list by visiting the CME Portal: [Implementation Strategies for Lifestyle Medicine](https://sharp.cloud-cme.com/LM6Series)

Registration is required and will be for all 6 sessions. To register visit, <https://sharp.cloud-cme.com/LM6Series>

Registration includes: 1) [textbook](#); 2) [CHIP videos](#) (20 hours optional CME); 3) Customized food kits for cooking demonstrations

Sharp-affiliated Registration Fees*:

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|---------------------------------------|--------------|
| ❖ Physicians (MD, DO, DPM) | \$225/person |
| ❖ Advance Practice Providers (NP, PA) | \$175/person |
| ❖ All others (RN, LCSW, MA, RD) | \$150/person |

**If you are a non-Sharp clinician and would like to attend please contact cme@sharp.com for fees.*



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 1.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **PA Credit:** PAs may claim a maximum of 1.0 Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. **NP Credit:** AANPCB accepts AMA PRA Category 1 Credit(s)™ issued by organizations accredited by ACCME as an equivalent number of hours of participation. 1 AMA PRA Category 1 credit = 1 contact hour. **Nurse Credit:** The California Board of Registered Nursing recognizes the use of Category 1 Continuing Medical Education credit toward credit contact hours. Report "ACCME Category 1 Credit" as BRN number. No BRN slip will be given. Participants must attend the entire conference to receive continuing education credits.



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