

IS PROUDLY OFFERING

A UNIQUE AND FREE CME/CE OPPORTUNITY

from the American College of Lifestyle Medicine to all of our credentialed providers including physicians, nurses, dietitians, psychologists, pharmacists, and many other disciplines

Take advantage of a new course bundle that provides a foundational, evidence-based introduction to the field of lifestyle medicine with a focus on nutrition, often the most complex behavior to change, to prevent, treat and reverse chronic disease.

This course bundle consists of three modules, four presentations and 5.5 hours of CME/CE content. Below is an outline for the course:

- Introduction to Lifestyle Medicine module (1 hour)
- Food as Medicine: Nutrition for Prevention and Longevity module (3 hours)
- Food as Medicine: Nutrition for Treatment and Risk Reduction module (1.5 hours)

Register Now

- Visit <http://www.lifestylemedicine.org/essentials>
- Select REGISTER NOW
- Log in or creating an ACLM account
- Entering promo code ESS-BSVT at check out

This complimentary course is provided by ACLM to educate healthcare providers on patient-centered, high-value, and outcome-oriented care.

Lifestyle medicine can address up to 80% of chronic diseases. A lifestyle medicine approach to population care has the potential to arrest the decades-long rise in the prevalence of chronic conditions and their burdensome costs. Patient and provider satisfaction often results from a lifestyle medicine approach, which strongly aligns the field with the Quintuple Aim of better health outcomes, lower cost, improved patient satisfaction, improved provider well-being, and advancement of health equity, in addition to its alignment with planetary health. Lifestyle medicine is the foundation for a redesigned, value-based and equitable healthcare delivery system, leading to whole person health.

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ACCREDITATION STATEMENT

In support of patient care, Rush University Medical Center is jointly accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team. This activity is being presented without bias and without

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