

**New Models of Personalized Lifestyle Health Care
In the Age of Scientific Wellness**

Location: Hyatt Regency Lake Washington, Renton, WA

Date: October 13-14, 2017

Friday, October 13, 2017		
7:00 am - 8:00 am	UYG Registration	
8:00 am - 2:00 pm	Understand Your Genome Course hands-on course	presented by Illumina <i>(optional program additional fee required)</i>
2:00 pm - 3:00 pm	Break	
Biometrics and the Future of Personalized Lifestyle Medicine and its Relationship to P4 Medicine, Functional Medicine and Scientific Wellness - This portion of the program is sponsored by Genova Diagnostics		
3:00 pm - 3:30 pm	Introduction - Systems Biology, Scientific Wellness, P4 Medicine, and Functional Medicine: the Emergence of a New Paradigm in Health Care and the Development of Scientific Wellness	Jeff Bland, PhD, President, Personalized Lifestyle Medicine Institute
3:30 pm - 4:30 pm	Opening Lecture - Evolution of Understanding of the Microbiome and its Connection to Health and Disease	Rob Knight, PhD, Professor, Department of Pediatrics, UC San Diego School of Medicine
4:30 pm - 5:00 pm	Break	
5:00 pm - 6:00 pm	P4 Medicine and the Use of the Clinical Laboratory in the Assessment of Physiological Function and Scientific Wellness	Patrick Hanaway, MD, Clinic Director, Cleveland Clinic Center for Functional Medicine
6:00 pm - 7:00 pm	Refreshments and reception	Sponsored by Designs For Health
7:00 pm - 8:30 pm	Buffet Dinner and Video Presentation "Hidden Miracles of the Natural World"	Dinner sponsored by Genova Diagnostics Louie Schwartzberg sponsored by The Westreich Foundation
8:30 pm - 9:00 pm	Opening Panel Discussion - What are the opportunities for creating a scientific wellness-focused component of the health care system?	Ruth Westreich, President, The Westreich Foundation; Helen Messier, MD, PhD, Medical Director, Genomics, Viome; Joseph Pizzorno, ND, Founder & President, SaluGenecists, Inc; and David Jones, MD, President Emeritus, Institute for Functional Medicine
Saturday, October 14, 2017		
7:00 am - 8:00 am	Registration and Continental Breakfast	
8:00 am - 8:10 am	Welcome	Tom Curran, JD, MBA, Executive Director, PLMI
Scientific Wellness and the Interface with Personalized Lifestyle Health Care		
8:10 am - 8:40 am	Research Presentation - Actionable Interpretation of Genomic and Phenomic Data in Scientific Wellness	Nathan Price, PhD, Associate Director, Institute for Systems Biology
8:40 am - 9:00 am	Presentation - Cardiogenomics, Lifestyle Factors and the Future of Personalized Lifestyle Medicine	Jeff Bland, PhD, President, Personalized Lifestyle Medicine Institute
9:00 am - 9:30 am	Keynote Presentation - The Virta Health Program: Reversing Type 2 Diabetes	Stephen Phinney, MD, PhD, Chief Medical Officer, Founder, Virta Health
9:30 am - 10:10 am	Dialogue: Scientific Wellness and the Future of Health Care	Lee Hood, MD, PhD, CEO, Institute for Systems Biology and Rod Hochman, MD, President & CEO, Providence St. Joseph Health and Thomas Brown, MD, Executive Director, Swedish Cancer Institute
10:10 am - 10:40 am	Break	
Progress in the Clinical Application of Personalized Lifestyle Health Care		
10:40 am - 11:10 am	Keynote Presentation - The Lost Art of Nutritional Evaluation in the Application of the Science of Personalized Lifestyle Medicine	Michael Stone, MD and Leslie Stone MD
11:10 am - 11:50 am	Dialogue - Bringing Structured Activity and Movement into Personalized Lifestyle Health Care	Michol Dalcourt, MS, Director, Institute of Motion; and David Harris, PhD, VP, Health & Human Performance, Equinox
11:50 am - 12:30 pm	Panel Discussion - Challenges and Opportunities for Personalized Lifestyle Health Care in the Institutional Medical Setting	Annette Buckel, VP, Wellness, St. Joseph Health; Laurie Hofmann, MPH, CEO, The Institute for Functional Medicine; and Charles "Mac" Powell, PhD, President, Bastyr University
12:30 pm - 1:30 pm	Lunch	Sponsored by TSI Group
The Science of Personalized Lifestyle Health Care		
1:30 pm - 2:10 pm	Panel Discussion - Bringing the Science of Exercise, Nutrition and Lifestyle into 21st Century Medicine: What We Have Learned	Woodson Merrill, MD; Michael Stroka, JD, MBA, CNS, The Nutrition Consortium; and Pamela Peeke, MD, MPH
2:10 pm - 2:50 pm	Research Presentation - Medical Nutrition Therapy in Personalized Lifestyle Health Care	Deanna Minich, PhD, Metagenics; and Tom Guillams, PhD, CSO, Scientific Affairs, Ortho Molecular Products
2:50 pm - 3:20 pm	Research Presentation - Metabolomics as a Biometric Tool in Scientific Wellness	David S. Memel, MD, MS, MBA, Chief Medical Officer, Metabolon, Inc.
3:20 pm - 3:50 pm	Break	
Functional Medicine as a Model for the Application of Systems Biology in Health Care		
3:50 pm - 4:30 pm	Panel Discussion - Why Functional Medicine Represents a Systems Biology Approach to Personalized Lifestyle Medicine	Arti Chandra, MD, Swedish Medical Group; Kara Fitzgerald, ND, Physician, Clinic Director, Dr. Kara Fitzgerald Functional Medicine; and David Haase, Founder and Medical Director, The Maxwell Clinic
4:30 pm - 5:10 pm	Dialogue - Clinical Outcomes of the Functional Medicine Model- Applications by Self-insured Employers	Priya Kamani, MD, MBA, Founder and CEO Living Matrix and Tom Blue, Director of Strategic Development, The Institute for Functional Medicine
5:10 pm - 5:50 pm	New Ways of Incorporating Functional Medicine Concepts in Personalized Lifestyle Health Care	Robin Berzin, MD, Founder, Parsley Health; James Maskell, Founder, Evolution of Medicine & Functional Forum; Michelle Leary Chang, ND, and Pilar Gerasimo, Founder, The Art of Being Healthy in an Unhealthy World
5:50 pm - 6:00 pm	Where Do We Go From Here?	Jeff Bland, PhD, President, Personalized Lifestyle Medicine Institute
6:00 pm - 7:00 pm	Refreshments and reception	
7:00 pm - 9:00 pm	Gala Dinner and Presentation on the health care dialogue by Representative Derek Kilmer, 6th District Washington State	Sponsored by Metagenics