



# NEW MODELS of Personalized Lifestyle Health Care in the Age of Scientific Wellness

## Optimizing Your Opportunities this October

The Personalized Lifestyle Medicine Institute will be hosting more than 300 attendees at the Fifth Annual Thought Leaders Consortium in Seattle this fall. We'll be featuring 34 leaders in the fields of systems biology, scientific wellness, functional medicine, and P4 medicine.

**THERE'S MORE!** PLMI is teaming up with Illumina—a global leader in genomics innovation and technology—to host the first Understand Your Genome® symposium offered in the Pacific Northwest.

**Space at both of these events is limited. Early registration is strongly encouraged.**

## FRIDAY October 13, 2017

**Precourse: Understand Your Genome® (UYG), presented by Illumina (optional program, additional fee required)**

7:00 am - 8:00 am	<b>UYG CHECK-IN</b>	<b>Pre-registration Required:</b> <a href="http://uygseattle.uygsymposium.com/">http://uygseattle.uygsymposium.com/</a>
8:00 am - 2:00 pm	Understand Your Genome Symposium	presented by Illumina Expert Staff and Invited Speakers
2:00 pm - 3:00 pm	<b>BREAK</b>	

## THE FIFTH ANNUAL THOUGHT LEADERS CONSORTIUM, presented by the Personalized Lifestyle Medicine Institute

**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	<b>Jeff Bland, PhD</b> , 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	<b>Rob Knight, PhD</b> , Professor, Department of Pediatrics, UC San Diego School of Medicine
4:30 pm - 5:00 pm	<b>BREAK</b>	
5:00 pm - 6:00 pm	P4 Medicine and the Use of the Clinical Laboratory in the Assessment of Physiological Function and Scientific Wellness	<b>Patrick Hanaway, MD</b> , Clinic Director, Cleveland Clinic Center for Functional Medicine
6:00 pm - 7:00 pm	<b>REFRESHMENTS AND RECEPTION</b>	<b>SPONSORED BY DESIGNS FOR HEALTH</b>
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	Panel Discussion - What are the opportunities for creating a scientific wellness-focused component of the health care system?	<b>Ruth Westreich</b> , President, The Westreich Foundation; <b>Helen Messier, MD, PhD</b> , Medical Director, Genomics, Viome; <b>Joseph Pizzorno, ND</b> , Founder & President, SaluGenecists, Inc; and <b>David Jones, MD</b> , President Emeritus, The Institute for Functional Medicine

# SATURDAY October 14, 2017

7:00 am - 8:00 am	<b>REGISTRATION AND CONTINENTAL BREAKFAST</b>	<b>SPONSORED BY VIBRANT-AMERICA</b>
<b>Scientific Wellness and the Interface with Personalized Lifestyle Health Care</b>		
8:00 am - 8:10 am	Welcome	<b>Tom Curran, JD, MBA</b> , Executive Director, PLMI
8:10 am - 8:40 am	Research Presentation - Actionable Interpretation of Genomic and Phenomic Data in Scientific Wellness	<b>Nathan Price, PhD</b> , Associate Director, Institute for Systems Biology
8:40 am - 9:00 am	Keynote Presentation - Cardiogenomics, Lifestyle Factors and the Future of Personalized Lifestyle Medicine	<b>Jeff Bland, PhD</b> , President, Personalized Lifestyle Medicine Institute
9:00 am - 9:30 am	Keynote Presentation - The Virta Health Program: Reversing Type 2 Diabetes	<b>Stephen Phinney, MD, PhD</b> , Chief Medical Officer, Founder, Virta Health
9:30 am - 10:10 am	Dialogue: Scientific Wellness and the Future of Health Care	<b>Lee Hood, MD, PhD</b> , CEO, Institute for Systems Biology and <b>Rod Hochman, MD</b> , President & CEO, Providence St. Joseph Health and <b>Thomas Brown, MD</b> , Executive Director, Swedish Cancer Institute
10:10 am - 10:40 am	<b>BREAK</b>	
<b>Progress in the Clinical Application of Personalized Lifestyle Health Care</b>		
10:40 am - 11:10 am	Keynote Presentation - The Lost Art of Nutritional Evaluation in the Application of the Science of Personalized Lifestyle Medicine – <b>An IFM Presentation</b>	<b>Michael Stone, MD</b> and <b>Leslie Stone MD</b>
11:10 am - 11:50 am	Dialogue - Bringing Structured Activity and Movement into Personalized Lifestyle Health Care	<b>Michol Dalcourt, MS</b> , Director, Institute of Motion; and <b>David Harris, PhD</b> , 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	<b>Annette Buckel</b> , VP Wellness, St. Joseph Health; <b>Laurie Hofmann, MPH</b> , CEO, The Institute for Functional Medicine; and <b>Charles “Mac” Powell, PhD</b> , President, Bastyr University
12:30 pm - 1:30 pm	<b>LUNCH</b>	<b>SPONSORED BY TSI GROUP</b>
<b>The Science of Personalized Lifestyle Health Care</b>		
1:30 pm - 2:10 pm	Panel Discussion - Bringing the Science of Exercise, Nutrition and Lifestyle into 21st Century Medicine: What We Have Learned	<b>Woodson Merrill, MD</b> ; <b>Michael Stroka, JD, MBA, CNS</b> , The Nutrition Consortium; and <b>Pamela M. Peeke, MD, MPH, FACP, FACSM</b> , Pew Foundation Scholar in Nutrition, Assistant Professor of Medicine, University of Maryland
2:10 pm - 2:50 pm	Research Presentation - Medical Nutrition Therapy in Personalized Lifestyle Health Care	<b>Deanna Minich, PhD</b> , Metagenics; and <b>Tom Guillams, PhD, CSO</b> , Scientific Affairs, Ortho Molecular Products
2:50 pm - 3:20 pm	Research Presentation - Metabolomics as a Biometric Tool in Scientific Wellness	<b>David S. Memel, MD, MS, MBA</b> , Chief Medical Officer, Metabolon, Inc.
3:20 pm - 3:50 pm	<b>BREAK</b>	
<b>Functional Medicine as a Model for the Application of Systems Biology in Health Care</b>		
3:50 pm - 4:30 pm	Panel Discussion - Why Functional Medicine Represents a Systems Biology Approach to Personalized Lifestyle Medicine	<b>Arti Chandra, MD</b> , Swedish Medical Group; <b>Kara Fitzgerald, ND</b> , Physician, Clinic Director; and <b>David Haase, MD</b> , 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 – <b>An IFM Presentation</b>	<b>Priya Kamani, MD, MBA</b> , Founder and CEO Living Matrix and <b>Tom Blue</b> , Director of Strategic Development, The Institute for Functional Medicine
5:10 pm - 5:50 pm	Panel Discussion - New Ways of Incorporating Functional Medicine Concepts in Personalized Lifestyle Health Care	<b>Robin Berzin, MD</b> , Founder, Parsley Health; <b>James Maskell</b> , Founder, Evolution of Medicine & Functional Forum; <b>Michelle Leary Chang, ND</b> , and <b>Pilar Gerasimo</b> , Founder, The Art of Being Healthy in an Unhealthy World
5:50 pm - 6:00 pm	Closing - Where Do We Go From Here?	<b>Jeff Bland, PhD</b> , President, Personalized Lifestyle Medicine Institute
6:00 pm - 7:00 pm	<b>REFRESHMENTS AND RECEPTION</b>	<b>SPONSORED BY METAGENICS</b>
7:00 pm - 9:00 pm	Gala Dinner and Presentation on the health care dialogue by US Representative Derek Kilmer, 6th Congressional District, State of Washington (invited)	<b>Sponsored by Metagenics</b>

For more information and to register go to: [www.PLMIInstitute.org](http://www.PLMIInstitute.org)

\*Program subject to change.

Stay Connected with Us!

