



Dear friends and colleagues,

We are pleased to announce the Inaugural International Lifestyle Medicine Symposium to be held on **July 5, 2023, at the Croatian Medical Association conference center, Šubićeva 9 street in Zagreb, Croatia.** This in-person and live-stream meeting celebrates the newly established Croatian Society for Lifestyle Medicine and feature outstanding international speakers and prominent experts from the United States and Croatia.

The goals of the meeting are to connect physicians and healthcare professionals dedicated to preventing chronic diseases and advancing patients' health, well-being, and quality of life and support the development and growth of Lifestyle Medicine in Croatia. Conference topics encompass pillars of health-promoting lifestyle: optimal nutrition/culinary medicine, regular physical activity, stress relief practices, restorative sleep, positive social connections and avoidance of toxic substances to support, in an evidence-based, effective and sustainable manner the highest levels of personal, population and planetary health. Successful tools, techniques and strategies necessary to implement positive change and concepts associated with Lifestyle Medicine will be presented.

Evidence-based Lifestyle Medicine is unique since the practice applies to all medical specialties. Enabling health professionals to serve as role models to empower individuals to self-engage in these health-enhancing practices will not only appropriately address the pandemic of lifestyle-driven chronic diseases (heart disease, cancer, obesity, type 2 diabetes, etc), but also increase the well-being and quality of life of all involved.

This symposium is sponsored by the Association of Croatian American Professionals (ACAP) Medical Tourism Committee and the Croatian Medical Association in partnership with the Croatian Medical Chamber.

Please join us in advancing Lifestyle Medicine in Croatia. We look forward to seeing you in July!

For additional information, please contact us at: info@croampro.com

Conference Chairs:

Mladen Golubić M.D., Ph.D., Cincinnati, Ohio, USA
Ana Barac, M.D., Ph.D., Washington DC, USA
Ozren Polašek, M.D., Ph.D., Split, Croatia
Jeana Havidich, M.D., Lebanon, New Hampshire USA
Zeljko Krznaric, M.D., Ph.D., Zagreb, Croatia
Steven Pavletic, M.D., Bethesda, Maryland, USA