

# Rekindling the Joy of Practice with Lifestyle Medicine - In Person or Zoom event at the Rochester Academy of Medicine

*Chronic illness is ubiquitous in the United States, as is clinician burnout. Lifestyle Medicine can help mitigate both.*

ROCHESTER, NEW YORK, UNITED STATES, August 15, 2022

/EINPresswire.com/ -- Rochester Lifestyle Medicine Institute, leader in lifestyle medicine education, invites medical practitioners to a live (or livestreamed via Zoom from 7-8 pm) evening event, Rekindling the Joy of Practice with Lifestyle Medicine, on Thursday, September 29, 2022, from 6:30 - 9:00 PM ET at the Rochester Academy of Medicine, 1441 East Ave, Rochester, NY 14610. This event will show attendees the benefits of plant-based diet and the potential of lifestyle medicine to empower patients and renew their own joy of practice. 1 AMA CME credit will be offered to medical practitioner attendees. Registration is required to attend:

<https://rochesterlifestylemedicine.org/events/#/event/register/2022/9/29/cycle-of-culture-change>. Those who attend virtually will receive a Zoom link prior to the event for the 7-8 pm ET presentation and panel discussion.

Lifestyle Medicine expert Ted Barnett, MD, FACLM, President, Rochester Lifestyle Medicine Institute and Partner, Borg & Ide Imaging, will discuss a study of the Cycle of Culture Change, published in the Journal of Family Practice Journal Jan/Feb 2022, in which Rochester, NY area doctors learned about plant-based nutrition, and referred patients to a 15-day Whole-Food Plant-Based Jumpstart program, with exceptional results. Besides the health benefits to both doctors and patients from



The banner features two logos at the top: the Rochester Lifestyle Medicine Institute logo (a blue circle with a green plant) and the The Rochester Academy of Medicine logo (a circular seal with a building). Below the logos, the text reads: "Rekindling the Joy of Practice with Lifestyle Medicine" in white on a teal background. Underneath, it says "Rekindling the Joy of Practice with Lifestyle Medicine event with RLMI at RAoM 9.29.22".

“

Besides the health benefits to both doctors and patients from learning about and following a plant-based diet, doctors found it satisfying to see their patients' health improve.”

*RLMI Founder and President  
Ted Barnett, MD, FACLM*

learning about and following a plant-based diet, doctors found it satisfying to see their patients' health improve instead of just managing symptoms.



## Rochester Lifestyle Medicine Institute

Rochester Lifestyle Medicine Institute

An interactive panel discussion with audience participation will follow the presentation.

Panel members include:

Susan Friedman, MD, MPH, AGSF, FACLM, Professor of Medicine at the University of Rochester

Kerry Graff, MD, DipABFM, DipABLM, Rochester Regional Health

Natasha Sodhi, MD, DipABFM, DipABLM, Rochester Regional Health

Allison Ogawa, 4th year medical student and Medical Humanities Fellow at the University of Rochester.

Register at <https://rochesterlifestylemedicine.org/events/#!event/2022/9/29/cycle-of-culture-change>.

For those attending in person, plant-based appetizers and dessert will be provided by Wegmans Food Market following the program.

### ABOUT ROCHESTER LIFESTYLE MEDICINE INSTITUTE

Rochester Lifestyle Medicine Institute (RLMI), headed by Ted Barnett, MD, FACLM, DipABLM, is dedicated to establishing Lifestyle Medicine as the foundation for health. RLMI advocates a plant-based diet with its proven ability to heal the body from within. RLMI offers several programs to help participants adopt a whole-food plant-based diet, including its 15-Day Jumpstart and two 10-week programs, the Lift Project and the Complete Health Improvement Program (CHIP), all certified by ACLM.

Beth Garver

Rochester Lifestyle Medicine Institute

585-230-7604

[beth.garver@roclifemed.org](mailto:beth.garver@roclifemed.org)

Visit us on social media:

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

[Other](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/582941776>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something

we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2022 Newsmatics Inc. All Right Reserved.