



PCLM2025

Annual Convention

December 2-4, 2025

Quest Plus Conference Center, Clark, Pampanga

DAY 1: December 02, 2025 (PRECONFERENCE)

Time	Activities	Topics	Resource Person
9:00 – 11:30 am	In-Person workshop Medical Nutrition Therapy & Culinary Medicine <i>(paid workshop with snack & lunch)</i> Magellan 3	<p>"Gut-Brain-Immune Axis: Food, Microbiota, and Mental Health in the LM Framework" <i>Link dietary patterns to microbiome diversity, systemic inflammation, and neuropsychological outcomes.</i></p> <p>"Food Addiction, Cravings, and Processed Foods: Nutritional and Behavioral Interventions" <i>Understand the role of hyperpalatable foods in addictive behavior and how Culinary Medicine can restore food agency.</i></p> <p>"Cooking as Clinical Intervention: Designing and Delivering Culinary Medicine Sessions in Hospitals and Clinics"</p>	<p>Mechelle Acero Palma, MD, MMHA, CFP, FPCLM, FACLM <i>Founder, Asian Institute of Culinary Medicine</i></p> <p>Blecenda Varona, RND, DrPH, DipIBLM, FACLM <i>Registered Nutritionist Dietician Faculty, Asian Institute of Culinary Medicine</i></p> <p>Michelle Sanchez, MD, DPCLM, DipIBLM <i>Certified Culinary Medicine Specialist</i></p> <p>Chef Ma. Lourdes Lesaca <i>Faculty, Asian Institute of Culinary Medicine</i></p>
	Fitness Medicine Lewis 1 & 2	<p>"Incorporating Fitness Medicine into Group Visits, Coaching, and Primary Care"</p> <p>"Exercise Intolerance and Fatigue: Red Flags, Modifications, and Monitoring Tools"</p> <p>"Functional Movement Screening in Lifestyle Medicine: A Hands-on Workshop"</p>	<p>Edith Dizon, MD, FPARM <i>Rehabilitation Medicine Specialist Dean, School of Physical Therapy, FEU</i></p> <p>June Ann De Vera, MD, FPARM, DPCLM <i>Rehabilitation Medicine Specialist Lifestyle Medicine Specialist</i></p>
	Positive Psychology & Lifestyle Medicine Coaching, Substance Use and Cessation Workshop Magellan 2	<p>Positive Psychology and Lifestyle Medicine Coaching: Cultivating Sustainable Behavior Change</p> <p>Coaching for Substance Use Reduction and Cessation: A Positive Psychology Approach</p>	<p>Bysse Fernan, MD, MPH, DipIBLM, FPCLM, FPASCOM <i>Chair, PCLM Education Committee</i></p> <p>Carissa Losantas, MD, DipIBLM, DPCLM <i>Health Coach, Lifestyle Medicine Specialist</i></p> <p>Paul Lawrence Filomeno, MD, MPH, DPPS <i>Pediatrician, Addiction & Recovery Medicine</i></p>
9:00 -11:30 am	International Board of Lifestyle Medicine Certification Exam Magellan 1		
11:00-1:30 pm	Conferee photo shoot <i>(Finch Board Room 2nd floor hotel building)</i>		
1:30 pm	LM Research Presentation Magellan 2 & 3	<p>Studies published in the American Journal of Lifestyle Medicine</p> <ul style="list-style-type: none"> Lifestyle Interventions for Treatment and Remission of Type 2 Diabetes and Prediabetes in Adults: Presenting ACLM's First Clinical Practice Guideline Lifestyle Medicine Core Competencies 2025 Update <p>PCLM Research Presentation</p> <ul style="list-style-type: none"> Research 1 Research 2 Research 3 Research 4 	<p>Erika Macalalad, MD, DFCM <i>Fellow Trainee, Preventive & Lifestyle Medicine UP-PGH</i></p> <p>Mechelle Acero Palma, MD, MMHA, CFP, FPCLM, FACLM <i>Lifestyle Medicine Competencies Developer, PCLM, IBLM Scientific Advisory Committee, Lifestyle Medicine Global Alliance (LMGA)</i></p> <p>Dr. Stephanie Abnasan Dr. Jhanina Villafana Dr. Junnel Tom Japzon Dr. Rica Mae Larga</p>



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Time	Activities	Topics	Resource Person
3:30 pm	Panel Discussion 1 Magellan 2-3	Institutionalizing Interdisciplinary Preventive and Lifestyle Medicine Education	Karin Estepa Garcia, MD, FPAFP <i>Chair, Family & Community Medicine Department, UP-PGH</i> Leilani Nicodemus, MD, FPAFP <i>Division Head, Preventive & Lifestyle Medicine, UP-PGH</i> Guia Limpoco, MD, FPAFP <i>Faculty, Preventive & Lifestyle Medicine, UP-PGH</i> Aileen Espina, MD, FPAFP <i>Faculty, Preventive & Lifestyle Medicine, UP-PGH</i> Lynn Daryl Villamater, MD, DPCLM, DiplBLM <i>Chief, Health policy Division, Department of Health</i> Moderator: Mechelle Acero Palma, MD, MMHA, CFP, FPCLM, FACLM
4:30 pm	Billeting, Exhibit Nature Walk/Biking		
6:30 pm	Conferment & Oath Taking Ceremony (<i>Attire: Formal</i>) Magellan 2-3	PCLM New Diplomates PCLM New Members PCLM New Fellows	

DAY 2: December 03, 2025 (MAIN CONFERENCE)

Time	Activities	Topic	Resource Person
6:00 am	Morning Stretching Exercise		
8:15 am	Opening Ceremony (Filipiniana) PCLM 2025 Awards Magellan 1-3		
10:00 am	Panel Discussion 2 Magellan 1-3	Optimizing Preventive and Lifestyle Medicine in Health Care Delivery <ul style="list-style-type: none"> House Bill 2943 “The Preventive and Lifestyle Medicine Act of the Philippines” The Frontline of Prevention: Family Medicine Perspective Restoring Function and Promoting Wellness Policy and Systems Integration: Department of Health Perspective Cardiovascular Health across Lifespan through Lifestyle Medicine Kidney Health and Lifestyle Transformation 	ASEC Gloria Balboa, MD, MPH, MHA <i>Department of Health</i> Cong. Kathryn Joyce Gorriceta, MD, FPCP, DiplBLM, DPCLM <i>Representative Iloilo 2nd District</i> Erlyn Demerre, MD, FPCP, FPCC, FPSE <i>Director, Philippine National Heart Failure Network, PHA</i> Rhodora Valenzona, MD, FPCP, FPNS <i>Philippine Nephrologist Society</i> Josefina Lapena, MD, FPAFP <i>President, Philippine Academy of Family Physicians</i> Michelle B. Almeida, MD, FPARM <i>President, Philippine Academy of Rehabilitation Medicine</i> Michael Dizon, MD, FPASCOM <i>President, Philippine Academic Society of Social and Community Medicine</i> Moderator: Dr. Mechelle Acero Palma <i>President, Philippine College of Lifestyle Medicine</i>
1:15 pm	Breakout Sessions 1 1A - Lewis 1 & 2 1B - Magellan 2 & 3 1C - Magellan 1	1A - Metabolic Syndrome in Children & Adolescents 1B – Managing PCOS Beyond Medication: The Evidence- Based Role of Lifestyle Interventions 1C - Hormonal Shifts and Health Outcomes: The Role of Lifestyle Medicine in Menopause Transition	Mary Grace Uy, MD, FPPS <i>Pediatrician, ACE Medical Center Tacloban</i> Anabelle Alensuela, MD, FPOGS <i>Fellow, POGS</i> Marcela Dianalyn Sazon-Carlos, MD, FPOGS <i>Fellow, POGS</i>
2:00 pm	Breakout Sessions 2 2A – Lewis 1 & 2 2B – Magellan 2 & 3 2C – Magellan 1	2A - From Dopamine to Dysfunction: The Science Behind Gadget Addiction 2B - Lifestyle Modification in Chronic Kidney Disease: Impact on Disease Progression and Patient Care 2C - The Path to Flourishing	Paul Lawrence Filomeno, MD, FPPS <i>Pediatrician, Addition & Recovery Medicine</i> Rhodora Valenzona, MD, FPCP, FPNS <i>Director for Research, Head Hemodialysis Unit, Perpetual Health</i> Stephan Herzog, BBA <i>IBLM Executive Director</i>



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2:45 pm	Breakout Sessions 3 3A – Lewis 1 & 2 3B – Magellan 2&3 3C – Magellan 1	3A - Coronary Artery Disease & Dyslipidemia: The Lifestyle Solutions 3 – B Lifestyle Medicine Approach to Hypertension and Heart Failure 3C - Lifestyle Medicine Innovations in Managing Overweight and Obesity in the GLP-1 Era	Christine Train Bilbao , MD, DPCLM, FPCP, FPSE <i>Cardiologist, Lifestyle Medicine Specialist</i> Erlyn Demerre , MD, FPCP, FPCC, FPSE <i>Director, Philippine National Heart Failure Network, PHA</i> Elijah Bibera , MD, DipIBLM, DPCLM <i>Lifestyle Medicine Specialist</i> Mabel Capistrano , MD, DPCLM <i>Dermatology & Aesthetic Medicine</i>
3:30 pm	Breakout Sessions 4 4A – Lewis 1 & 2 4B – Magellan 2& 3 4C – Magellan 1	4A - Lifestyle Medicine and Planetary Health 4B - Community-Engaged Lifestyle Medicine 4C - Lifestyle Medicine for Allied Health & Health Coaches	Javar Esturco , MD, DipIBLM, DPCLM <i>Committee Chair, Planety Health Action through Lifestyle Medicine</i> Mechelle Palma , MD, MMHA, CFP, DipIBLM, FACLM, FPCLM Byshe Fernan , MD, MPH, DipIBLM, FPCLM, FPASCOM
4:15 – 5:00 pm	Lifestyle Medicine Interest Group (LMIG) Meeting	LMIG1 – OB-Gyne & Pediatrics LMIG2 – Internal Medicine, Rehab Med, Psychiatry LMIG3 – Family Medicine LMIG4 – Primary Care Physicians, other Specialists LMIG5 – Allied Health and LM Coaches	LMIG 4,5 – Magellan 2 & 3 LMIG 1,2 – Lewis 1&2 LMIG 3 – Magellan 1
4:15 pm	Exhibit		
6:00 pm	Fellowship Night (Wear Your Festive Attire) Magellan 1-3		

DAY 3: December 4, 2025 (MAIN CONFERENCE)

Time	Activities	Topic	Resource Person
5:30 am	Walk With A Doc		
8:30-10:00am	Lifestyle Medicine Best Practices Magellan 1-3	Alegria-Cebu (<i>Community-Engaged LM Program</i>) St. Paul's Hospital Iloilo (<i>LM Practice Model</i>) DMSF (<i>Community-Based Digital LM Care</i>) Cebu Doctor's University (<i>LM Undergraduate Education</i>) DMIRIE Foundation - SPMC (<i>LM Practice Model</i>) Caritas Philippines (<i>Community-Engaged LM Program</i>)	Dr. Gilberto Magallon , Mayor, Municipality of Alegria Dr. Hazel de los Reyes , Fellow Trainee, St. Paul's Hospital Iloilo Dr. Lyka Plata , Research Faculty, DMSF Dr. Frances Tequillo , Faculty, Cebu Doctor's University Dr. Imelda Soriano , Medical Director, DMIRIE Foundation Ms. Ivy Dealca , Caritas Program Officer
10:15-11:00	Plenary Magellan 1-3	Understanding Diabetes and Cardiovascular Risk: Reframing Treatment Goals to Remission	Cecilia Jimeno , MD, FPCP, FPCCDM <i>Vice Editor-in-Chief of the Journal of the ASEAN Federation of Endocrine Societies</i> Dr. Mechelle Palma , MD, MMHA, CFP, DipIBLM, FACLM, FPCLM
11:00 pm	Luncheon Presentation Magellan 1-3	"Fiber and Chronic Kidney Disease: The Missing Nutrient in Modern Diets"	Blecenda Varona , RND, DrPH, DipIBLM, FACLM Mechelle Palma , MD, MMHA, CFP, FPCLM, FACLM
2:00-3:00 pm	General Assembly (Lewis 1-2)		

Dec 3-6, 2025 (POST-CONFERENCE)

	Topic	Resource Person
On Demand Sessions	Immunology, Nutrition, and Environmental Health: A Multidisciplinary Framework for Allergy Prevention and Lifestyle-Based Management	Dr. Linda Varona <i>Allergologist, Chair LM Department AMCM</i>
	Nourishing the Mind: Diet, Microbiome, and Interdisciplinary Innovation in Lifestyle-Driven Mental Health	Dr. Ma. Jocelyn G. Gayares <i>Child Psychiatrist, PCLM Honorary Fellow</i>
	Restoring Function, Sustaining Wellness: Interdisciplinary Lifestyle Medicine in Rehabilitation Care	Dr. Manuel Gayoles Jr. <i>Rehabilitation Specialist, PCLM Fellow</i>
	Optimizing Preventive and Lifestyle Medicine in Disaster Risk Management: An Interdisciplinary Approach	Dr. Abdul Javar Esturco <i>Occupational & Lifestyle Medicine Specialist</i>
	Interdisciplinary Research for Preventive and Lifestyle Medicine: Advancing Universal Health Care	Dr. Endrik Sy <i>Chair, PCLM Research Committee</i>
	Rooted in Prevention: Family Medicine's Role in Lifespan Health Equity	Dr. Aileen Espina <i>Faculty, Preventive & Lifestyle Medicine UP-PGH</i>
	Fostering Resilience and Flourishing Through Strengths-Based Care: Positive Psychology in Preventive and Lifestyle Medicine	Dr. Louie Estrada-Marcelo <i>Fellow Trainee, Preventive & Lifestyle Medicine UP-PGH</i>
	Redefining Diabetes Care: Interdisciplinary Pathways to Sustained Remission Through Precision Lifestyle Medicine	Dr. Erika Macalalad <i>Fellow Trainee, Preventive & Lifestyle Medicine UP-PGH</i>
	Reimagining Sleep Health: Optimizing Sleep Hygiene in Preventive Care	Dr. Ann Joy Agudera <i>Child Psychiatrist, PCLM Honorary Fellow</i>
Dec 6-10, 2025	Submission of evaluation forms for CPD credits	Dr. Guia Limpoco <i>Faculty, Preventive & Lifestyle Medicine UP-PGH</i>

BOOK RELEASE IN SEPTEMBER 2026

EDITED by
Mechelle Acero Palma, MD

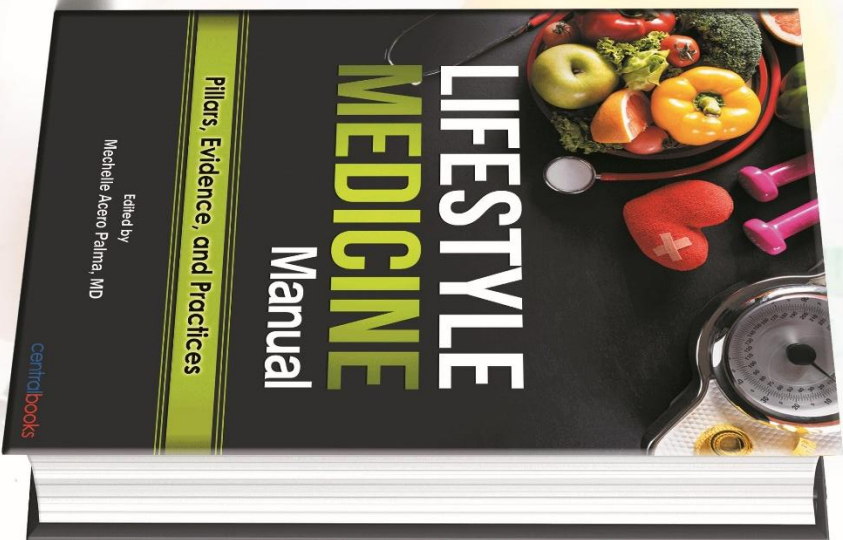
FOREWORD by
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**International
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**Over Thirty
Contributors!**

PRE ORDER



TYPE 2 DIABETES REMISSION PREDIABETES REVERSAL

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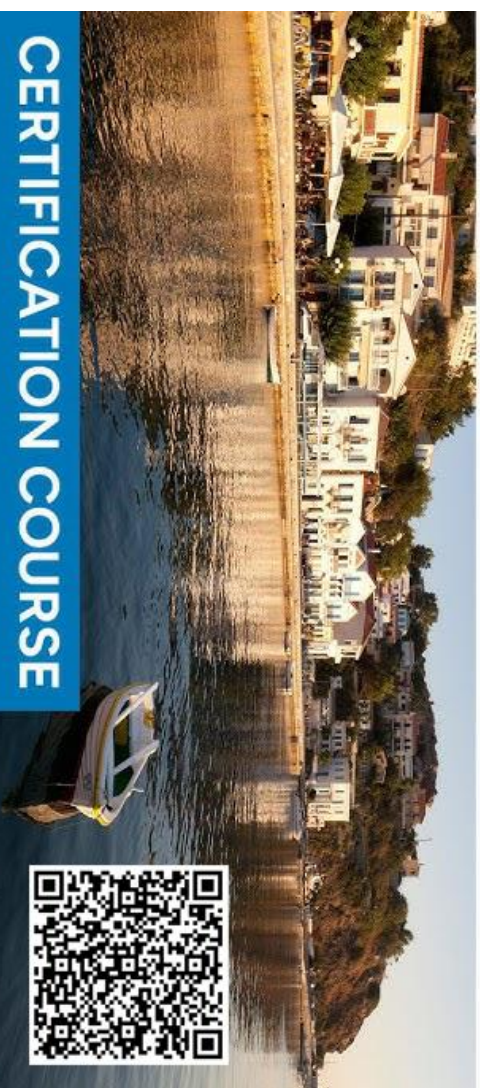
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