



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 – 12:00 nn	In-Person workshop Medical Nutrition Therapy & Culinary Medicine <i>(paid workshop with lunch)</i> Magellan 1	"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> "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> "Cooking as Clinical Intervention: Designing and Delivering Culinary Medicine Sessions in Hospitals and Clinics"	<i>Dr. Mechelle Palma Dr. Blecenda Varona Dr. Michelle Sanchez, Chef Ma. Lourdes Lesaca</i>
	Fitness Medicine	"Incorporating Fitness Medicine into Group Visits, Coaching, and Primary Care" "Exercise Intolerance and Fatigue: Red Flags, Modifications, and Monitoring Tools" "Functional Movement Screening in Lifestyle Medicine: A Hands-on Workshop"	Dr. Edith Dizon Dr. June Ann De Vera
	Positive Psychology & Lifestyle Medicine Coaching, Substance Use and Cessation Workshop	Positive Psychology and Lifestyle Medicine Coaching: Cultivating Sustainable Behavior Change Coaching for Substance Use Reduction and Cessation: A Positive Psychology Approach	Dr. Bysshe Fernan Dr. Carissa Losantas Dr. Kashmir Engada Dr. Paul Lawrence Filomeno
9:00 -11:30 am	Conferee photo shoot <i>(Venue: Armstrong 1 & 2)</i>		
9:00-12:00 nn	International Board of Lifestyle Medicine Certification Exam		
1:30 pm	LM Research Presentation Magellan 2 & 3	Studies published in the American Journal of Lifestyle Medicine • 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 PCLM Research Presentation • Research 1 • Research 2 • Research 3 • Research 4 • Research 5	Erika Macalalad, MD Mechelle Acero Palma, MD



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3:30 pm	Panel Discussion 1	Interdisciplinary LM Education	Dr. Karin Estepa Garcia Dr. Guia Limpoco Dr. Aileen Espina Dr. Lynn Daryl Villamater Moderator: Dr. Mechelle Acero Palma
4:30 pm	Billeting, Exhibit Nature Walk/Biking		
6:30 pm	Conferment & Oath Taking Ceremony (Attire: Formal) <i>Optional registration with dinner</i>	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)		
9:30 am	PCLM 2025 Awards		
10:00 am	Panel Discussion 2	Optimizing Preventive and Lifestyle Medicine in Health Care Delivery - 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 Dr. Gloria Balboa <i>Department of Health</i> Cong. Kathryn Joyce Gorriceta, MD <i>Representative Iloilo 2nd District</i> Dr. Erlyn Demerre <i>Philippine Heart Association</i> Dr. Rhodora Valenzona <i>Philippine Nephrologist Society</i> Dr. Josefina Lapena <i>President, Philippine Academy of Family Physicians</i> Dr. Michelle B. Almeida <i>President, Philippine Academy of Rehabilitation Medicine</i> Dr. Michael Dizon <i>President, Philippine Academic Society of Social and Community Medicine</i> Moderator: Dr. Mechelle Acero Palma <i>President, Philippine College of Lifestyle Medicine</i>
12:30 pm	Luncheon Presentation	"Fiber and Chronic Disease: The Missing Nutrient in Modern Diets"	Dr. Blecenda Varona Dr. Mechelle Palma
1:15 pm	Breakout Session	Metabolic Syndrome in Children & Adolescents Managing PCOS Beyond Medication: The Evidence-Based Role of Lifestyle Interventions Hormonal Shifts and Health Outcomes: The Role of Lifestyle Medicine in Menopause Transition	Dr. Mary Grace Uy Dr. Marcela Dianalyn Sazon-Carlos Dr. Anabelle Alensuela
2:00 pm	Breakout Session	Lifestyle Modification in Chronic Kidney Disease: Impact on Disease Progression and Patient Care From Dopamine to Dysfunction: The Science Behind Gadget Addiction The Path to Flourishing	Dr. Rhodora Valenzona Dr. Paul Lawrence Filomeno Mr. Stephan Herzog



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2:45 pm	Breakout Session	Coronary Artery Disease & Dyslipidemia: The Lifestyle Solutions	Dr. Christine Train Bilbao
		Lifestyle Medicine Approach to Hypertension and Heart Failure	Dr. Erlyn Demerre
		Lifestyle Medicine Innovations in Managing Overweight and Obesity in the GLP-1 Era	Dr. Elijah Bibera and Dr. Mabel Capistrano
3:30 pm	Breakout Session - Lifestyle Medicine Special Interest Group	Lifestyle Medicine and Planetary Health	Dr. Javar Esturco
		Community-Engaged Lifestyle Medicine	Dr. Mechelle Palma
4:15 pm	Lifestyle Medicine Interest Group (LMIG) Meeting	Lifestyle Medicine for Allied Health & Health Coaches	Dr. Bysshe Fernan
		LMIG – OB-Gyne	
		LMIG – Pediatrics	
		LMIG – Internal Medicine	
		LMIG – Rehab Med, Psychiatry	
		LMIG – Famed	
		LMIG – Occupational Medicine	
		LMIG – Aesthetic Medicine	
		LMIG – Primary Care Physicians	
		LMIG – Allied Health and LM Coaches	
4:15 pm	Exhibit		
6:00 pm	Fellowship Night (Wear Your Festive Attire)		
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	Alegria-Cebu (Community-Engaged LM Program)	
		Caritas Philippines (Community-Engaged LM Program)	
		St. Paul's Hospital Iloilo (LM Practice Model)	
		DMSF (Community-Based Digital LM Care)	
		Cebu Doctor's University (LM Undergraduate Education)	
		Southern Philippine Medical Center (LM Practice Model)	
10:15-11:30	Plenary	Understanding Diabetes and Cardiovascular Risk:	Dr. Cecilia Jimeno
		Reframing Treatment Goals to Remission	
2:00-3:00 pm	General Assembly (Magellan1)		

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
	Nourishing the Mind: Diet, Microbiome, and Interdisciplinary Innovation in Lifestyle-Driven Mental Health	Dr. Ma. Jocelyn G. Gayares
	Restoring Function, Sustaining Wellness: Interdisciplinary Lifestyle Medicine in Rehabilitation Care	Dr. Manuel Gayoles Jr.
	Optimizing Preventive and Lifestyle Medicine in Disaster Risk Management: An Interdisciplinary Approach	Dr. Abdul Javar Esturco
	Interdisciplinary Research for Preventive and Lifestyle Medicine: Advancing Universal Health Care	Dr. Endrik Sy
	Rooted in Prevention: Family Medicine's Role in Lifespan Health Equity	Dr. Aileen Espina
	Fostering Resilience and Flourishing Through Strengths-Based Care: Positive Psychology in Preventive and Lifestyle Medicine	Dr. Louie Estrada-Marcelo
	Redefining Diabetes Care: Interdisciplinary Pathways to Sustained Remission Through Precision Lifestyle Medicine	Dr. Erika Macalalad
	Reimagining Sleep Health: Optimizing Sleep Hygiene in Preventive Care	Dr. Ann Joy Aguadera
	Prescribing Wellness: How Family Physicians Lead Interdisciplinary Lifestyle Medicine Teams	Dr. Guia Limpoco
December 6-10, 2025	Submission of evaluation forms for CPD credits	