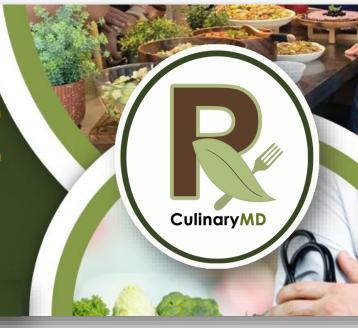
2025 ASIAN CULINARY MEDICINE



Cum Nutrition Specific & Sensitive Interventions



PROGRAM

TIME	ACTIVITY	RESOURCE PERSON
8:00am	Registration	AICM Team
9:00 am	Opening Program	
10:00 am	Keynote	Dr. Mechelle Acero Palma
	Culinary Rx for Cardiometabolic Risk	Founder, AICM
10:45 am	Plenary 1	Dr. Blecenda Varona
	Culinary Medicine & Nutrition	Founder, Asian Institute of Lifestyle Medicine
	Sensitive Interventions	
11:15 am	Plenary 2	Dr. Bysshe Fernan
	Mindful Eating Behavior	Education Committee Chair, Philippine College of Lifestyle Medicine
11:45 nn	Healthy Lunch and Exhibit	
1:00 pm		
	Culinary Medicine in Medical	Dr. Jahnen Tanamal
	Education	Synergy Adviser, Adventist University of the Philippine, College of Medicine
	Learning Institution Best Practices	Mrs. Emma Caballero
		DepEd Culinary & Nutrition Program
	Community-based Culinary	Ms. Merigine Otara
	Medicine & Nutrition Sensitive Interventions	Agricultural Training Institute
	Culinary Medicine in Church and	Dr. Lalaine Alfanoso
	Community Programs	Health Director, SSD
3:00 pm	Transitioning Diet from Ultra	Chef Geraldine Maglalang Cabello
	processed Calorie-Dense Food to a	Culinary Nutrition Mentor, Manila Tytana Colleges
	Whole Plant-Predominant Diet	Holistic Nutrition
	through Culinary Education	
3:30 pm	Culinary Medicine Workshop	Dr. Maria Lourdes Lesaca
		Chef Geraldine Maglalang Cabello
		Dr. Blecenda Varona
5:00 pm upported by:	Closing Program	













