

2025 ASIAN CULINARY MEDICINE Conference

Cum Nutrition Specific & Sensitive Interventions



PROGRAM

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

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