



ACPM Presents Updates in Lifestyle Medicine: Practice Pearls

February 22, 2025 • 9am – 1pm ET



AGENDA (all times are Eastern time)

9:00 - 9:05 am

Welcome Remarks

Rosemay Michel, DPM, FACPM - ACPM President

Moderator: Gary Rothenberg, DPM, FACPM

9:05 - 10:00 am

Introduction to Lifestyle Medicine: The Six Pillars

Catherine Collings, MD, MS, FACC, FACLM

Past President, American College of Lifestyle Medicine

Founder, CaLiE LLC Advisory and Coaching Services

Past Partner, Advanced Cardiovascular Specialists

Delegate, House of Delegates, American Medical Association

Member, International Coaching Federation

10:00 - 10:30 am

Podiatry Care: A Lifestyle Medicine Approach

Jenneffer Pulapaka, DPM

Medical Director, DeLand Foot and Leg Center

10:30 - 11:00 am

BREAK

11:00 - 11:30 am

Harnessing the Power of Nutrition To Prevent / Reverse Chronic Diseases

Leland Jaffe, DPM, FACFAS, CWSP

Associate Dean, Clerkship & Residency Placement, Dr. William M. Scholl College of Podiatric Medicine

Associate Dean, Clerkship and Residency Placement at Scholl College

Associate Professor, Department of Podiatric Medicine & Radiology at Scholl College

Diplomate, American Board of Foot and Ankle Surgery

Board Certified in Foot Surgery

Fellow, American College of Foot and Ankle Surgeons

11:30 am - 12:00 pm

Evidence Based Nutrition and Culinary Medicine

Brigid Gregg, MD

Associate Professor of Pediatrics, Division of Endocrinology, Diabetes and Metabolism, Michigan Medicine

Associate Professor of Nutritional Sciences, University of Michigan School of Public Health

12:00 - 12:30 pm

Mindfulness and Mental Wellness

Thuy Vu, PhD

Associate Professor and Associate Chair of Civil Engineering

University of Texas Rio Grande Valley

12:30 - 12:55 pm

Q&A

Moderator: Gary Rothenberg, DPM, FACPM

12:55 pm

Closing Remarks / Adjourn

Gary Rothenberg, DPM, FACPM