

The 4th Japanese Society of Lifestyle Medicine Annual Academic Meeting Schedule (Mar 7 - Mar 9, 2025) TOKYO (@Azabudai Hills)

Lifestyle Medicine in Japan: Current and Future Practice

Time	March 7th Fri (Online)
6:35pm	Zoom Open
6:50	OpeningRemarks (Miyamoto) Online
7:00	「Sleep Science in Action」 Workshop (Abe · Kamada · Simoura · Fujii) Online
9:30	Corporate Round-Table (Sponsors and JSLM board M) (1.0h) Online
10:30	

(2.5h)

Time	March 8th Sat (In-Person)
6:50pm	The venue open
7:00	「Food」 Workshop - Shojin ryori (traditional vegetarian cuisine) experience (Yamase · Shirai) In-Person
10:00	

(3.0h)

Time	March 9th Sun (In-Person)
7:20am	Meet at the venue
7:30 - 9:00	「Exercise」 Workshop (Doctor-Led Exercise) (Session: Ochiai · Hamasaki) In-Person
9:15-9:45	(Video Lecture: Beth Frates)
9:55-10:55	Japanese lifestyles based on epidemiological data - Issues in lifestyle medicine (Sawada) Educational Session
11:05-12:00	Connecting Talents and Evolving Communities through the Concept of Cancer Disaster Prevention (Oshikawa)
12:10-12:30pm	Abstract Award Presentation Lunch Sessions
12:30-12:45	JSLM Office Report
1:00-1:50	A comparative study of non-communicable diseases between the UK and Japan. (Rob Rawson · Shirai) Guest Speaker from UK
2:00-2:50	Japanese Eating Habits: Past, Present, and Future Challenges (Kondo)
3:00-3:50	Early prevention of locomotive syndrome/osteoporosis (Ishibashi)
4:00-4:50	Health, Longevity and Sleep Medicine. (Video Lecture: Michelle Jonelis) (Shirahama)
4:50-5:00	Closing (Shirahama)

Total 15 h (9.5h)
20CME