

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   | Opening Remarks (Miyamoto)  |
| 7:00   | 「Sleep Science in Action」 Workshop (Kume · Abe · Kamada · Shimoura · Fujii) |
| 9:30   | Corporate Round-Table (Sponsors and JSLM board M) (1.0h)                    |
| 10:30  |   |

Online

Online

Online

(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) |
| 10:00  |  |

In-Person

(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)                                   |
| 9:15-9:45     | (Video Lecture: Beth Frates)   |
| 9:55-10:55    | Japanese lifestyles based on epidemiological data - Issues in lifestyle medicine (Sawada)                |
| 11:05-12:00   | Connecting Talents and Evolving Communities through the Concept of Cancer Disaster Prevention (Oshikawa) |
| 12:10-12:30pm | Abstract Award Presentation  |
| 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)         |
| 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)  |

In-Person

Educational Session

Lunch Sessions

Guest Speaker from UK

Total 15 h (9.5h)  
20CME