

# The 4<sup>th</sup> Annual Academic Meeting of JSLM

## Lifestyle Medicine in Japan: Current Status and Future Practices

President/Chair : **Ryutaro Shirahama** (Director, RESM Medical Corporation)

Secretary-General : **Keisuke Miyamoto** (The Queen's Medical Center, Hawaii)

**Dates** **March 7(Fri) – March 9(Sun), 2025**

\* Online on the 7th only; in-person (Tokyo) on the 8th and 9th.

**March 7 (Fri) : 18:50 - 21:30** Online workshop via Zoom

**March 8 (Sat): 18:50 - 22:00** 「Food」 Workshop

Shojin ryori experience (Tokyo) \*Additional fee required

**March 9 (Sun): 7:20 - 17:00**

Philips Japan, Ltd. on the 15th Floor, Mori JP Tower, Azabudai Hills SAKURA PARK

※For more information, please visit our website.

### Participation Fees

Physicians: ¥12,000

Others: ¥ 9,000

Students/Residents: ¥ 5,000

(Total of 12 hrs on Mar.7 and 9)

「Food」 Workshop:

Estimated ¥15,000 ~ ¥20,000  
(Total of 3 hrs)

If you wish to join the JSLM at the time of registration, please transfer an additional ¥10,000. As a member, you will be able to participate in study groups and preparation for certification exams!

Please fill out the required information in the application form from the QR code and transfer the participation fee to the account below (transfer fees are the applicant's responsibility). Please send a photo of the transfer proof to [committee2@lifestylemedicinejapan.org](mailto:committee2@lifestylemedicinejapan.org). Students/residents should also send a scanned copy of their student ID or other identification. Please note that participation fees cannot be refunded after payment.

**Bank Account: Saikyo Shinkin Bank, Ikebukuro Branch (Branch No. 003)  
Account No. 3131331, Japanese Society of Lifestyle Medicine**



- Name of the organization: Japanese Society of Lifestyle Medicine (Nihon Lifestyle Igakukai)
  - Registration address of the organization: 2-6-15, Nishi Ikebukuro, Toshima-Ku, Tokyo, Japan
  - Bank account number: 1336-003-3131331 ■ Beneficiary's bank: SHINKIN CENTRAL BANK
  - SWIFT code: ZENBJPJT ■ Address of the bank: 8-1, Kyobashi 3-Chome, Chuo-Ku, Tokyo, Japan
- \* The transfer fee must be borne by the enrollment applicant.

\* For those wishing to attend the "Food" workshop, the payment request will be sent later after the completion of the registration.

\* Registration will close once the seats are full, so please apply ASAP.

By participating in the entire event live, you can earn 20 CME (Continuing Medical Education) credits Required to qualify for the Lifestyle Medicine Certification Exam offered by the International Board of Lifestyle Medicine, our partner organization.

### JSLM Office

Mail: [committee2@lifestylemedicinejapan.org](mailto:committee2@lifestylemedicinejapan.org)

HP : [www.lifestylemedicinejapan.org](http://www.lifestylemedicinejapan.org)



JAPANESE SOCIETY OF  
LIFESTYLE MEDICINE

※Please note that the office staff is not always on-site, so responses may take time. Thank you for your understanding