

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) |
| 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 Lawson · 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