

ALL TIMES POSTED IN  
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## Virtual FirstLine Therapy Certification Program Schedule (FRIDAY)

Time (ET)	Course Content
10:00-10:15 AM	Welcome to Virtual FirstLine Therapy Certification
	—Kristi Tuck, Director, Practice Systems & Innovation
10:15-11:00 AM	<b>Changing Health Care with Lifestyle Medicine and</b>
	<b>An Operating System for Lifestyle Medicine</b> - Tricia Paulson, ND
11:00-11:15 AM	Break
11:15-12:45 AM	<b>Walking a Patient Through a Lifestyle Medicine Program</b> - Tricia Paulson, ND
12:45-1:45 PM	Product sampling 11:45-12:00 Lunch break 12:00-12:45
1:45-2:45 PM	<b>Eating the Modified Mediterranean Way</b> - Trisha Howell, MSH, RD, LD/N, IFMCP
2:45-3:00 PM	Break
3:00-4:00 PM	Creating Effective Meal Plans - Trisha Howell, MSH, RD, LD/N, IFMCP

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## Virtual FirstLine Therapy Certification Program Schedule (SATURDAY)

Time (ET)	Course Content
10:00-11:30 AM	<b>Lifestyle Educator Roles and Responsibilities</b> - Trisha Howell, MSH, RD, LD/N, IFMCP
11:30-11:45 AM	Break
11:45-12:15 AM	Coaching your Patient for Success using SMARTER GOALS - Trisha Howell, MSH, RD, LD/N, IFMCP-
12:15 AM-1:15 PM	<b>Lifestyle Medicine for Chronic Disease and Medical Foods &amp; Lifestyle Medicine</b> - Tricia Paulson, ND
1:15-2:15 PM	Product sampling 12:15-12:30 PM Lunch break 12:30-1:15 PM
2:15-3:15 PM	<b>Nutritional Interventions for Lifestyle Medicine</b> - Tricia Paulson, ND
3:15-3:30 PM	Break
3:30-4:00 PM	Profiling Patients for Lifestyle Medicine - Tricia Paulson, ND
4:00 -4:15 PM	Lifestyle Implementation and Best Practices - Trisha Howell, MSH, RD, LD/N, IFMCP

Post-certification teleconferences to be scheduled	Medical Billing and Coding for Healthcare Professionals: Increase Revenue and Build a Successful Lifestyle Medicine Program
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