

**LIFESTYLE MEDICINE FUTURE OF HEALTHCARE** **ADMISSIONS ARE OPEN FOR THE 11TH BATCH**

# Transform your Career with our Cutting-Edge Lifestyle Medicine Postgraduate Certification Course designed for Doctors & Allied Health Professionals

**This is the first and only Certification in Pakistan for now, where you will gain expertise from esteemed faculty, including IBLM-certified specialists and internationally recognized professionals from ACLM, ensuring a comprehensive and globally informed curriculum**

## ELIGIBILITY

All Physicians, Nurses, Allied health professionals, Mental Health Professionals, Dentists, Pharmacists and Nutritionists

## COURSE FORMAT

The course features 3 highly interactive contact sessions, Problem-Based Learning (PBL) sessions, distance learning components and access to a diverse range of educational resources. It prioritizes self-care through a scientific lens, uniquely blending self-reflection for personal growth throughout the course.

## HIGHLIGHTS

- Explore evidence-based interventions to prevent and treat chronic diseases, seamlessly integrating lifestyle medicine into your practice
- This course caters to diverse healthcare backgrounds, fostering collaboration among doctors, nurses, dietitians, and more
- Interactive learning environment with a focus on individualized patient care plans
- Earn a prestigious postgraduate certification in Lifestyle Medicine

**CREDIT HOURS: 08**

**Course Fee: 70,000 PKR**

## COURSE DURATION

**01 July 2025 to 31 December 2025**

## HOW TO APPLY

Please go to: <https://admissions.riphah.edu.pk>

## REGISTRATION DEADLINE

**15 May 2025**

**ORGANISED BY**

**RIPHAH INSTITUTE OF LIFESTYLE MEDICINE**

**FOR MORE DETAILS**

**+92 347 5387620**

**[lifestyle.medicine@riphah.edu.pk](mailto:lifestyle.medicine@riphah.edu.pk)**

## OUR FACULTY

### Dr. Beth Frates, MD

President American College of Lifestyle Medicine (ACLM)  
Chair Riphah Institute of Lifestyle Medicine (RILM)  
Director of Lifestyle Medicine and Wellness, Mass General Hospital, Boston, USA

### Prof. Dr. Shazia Ali

Deputy Director RILM, HOD Physiology  
MBBS, M.Phil, PhD (Physiology) PGD (PE&TM), CHPE, CMT, LMPC

### Dr. Shagufta Feroz

Director Riphah Institute of Lifestyle Medicine  
Founder President Pakistan Association of Lifestyle Medicine  
Country Leader GPHI

### Dr. Munira Abbasi

Adjunct Faculty, RILM  
MBBS, MD, American Board Certified in Internal Medicine, Endocrinology and Lifestyle Medicine

### Prof. Dr. Maqsood ul Hassan

Vice Principle, IIMC  
MBBS, MCPS, DPH, M.Sc (Med Adm)  
MSLP, CHPE, PGD (PE & TM) LMPC, DiplBLM

### Dr. Abeerah Zainub

Assistant Prof. Bio-Chemistry  
MBBS, M.Phil, PGDE, CHPE, LMPC, DiplBLM, PHD Scholar

### Prof. Dr. Khalid Farooq Danish

Deputy Director RILM, Director Undergraduate Clinical Studies, IIMC MBBS, FCPS, MHPE, PGD (PE & TM) LMPC

### Dr. Jawaria Iftikhar

MBBS, M.Phil Pharmacology, CHPE, LMPC, DiplBLM, SWIPE, MBBS, M.Phil Pharmacology, CHPE, LMPC, DiplBLM, SWIPE, PHD Scholar