2018 Building Healthy Lifestyles Conference
Lifestyle as Medicine:
Thinking Differently about Food, Exercise and Sleep
February 23-24, 2018

Join us for the 13th Annual Building Healthy Lifestyles Conference. Internationally recognized experts will present fresh perspectives on nutrition and exercise topics.

Location
Memorial Union, Room 221
ASU Tempe Campus
301 E. Orange Mall
Tempe, AZ 85281

Registration
Early Bird (Before 2/9/18)
$90 - professionals
$25 - students (w/valid ID)

Regular (Closes 2/19/18)
$115 - professionals
$35 - students (w/valid ID)

Register online at chs.asu.edu/BHLC

Friday, February 23, 2018
Noon–1 pm Registration
1–1:10 pm Opening remarks
   Glenn Gaesser, PhD
1:10–2:10 pm Physical Activity and Diet for Cancer Prevention and Treatment: State of the Evidence
   Anne McTiernan, MD, PhD
2:10–3:10 pm Can You Overdose on Exercise?
   Paul D. Thompson, MD
3:10–3:20 pm Break
3:20–4:20 pm Count Time Not Calories: Circadian Rhythm and Eating Patterns in Health and Disease
   Satchidananda Panda, PhD

Saturday, February 24, 2018
8:30 – 9 am Registration
9 – 10:00 am Functional Foods
   Carol Johnston, PhD, RD
10 – 11:00 am Cancer and the Heart: Shared Pathways of Risk
   Farouk Mookadam, MD
11 – 12:00 pm Exercise for the Management of Sleep Apnea
   Martina Mookadam, MD
12:00 – 1:15 pm Lunch on your own
1:15 – 2:15 pm Sleep as Medicine: Implications for Lifestyle Health
   Michael A. Grandner, PhD, MTR, CBSM
2:20 – 3:20 pm Genetic Basis for Physical Activity Behavior
   Yann Klimentidis, PhD

Who Should Attend?
• Healthcare professionals
• Dietitians/Nutritionists
• Fitness professionals
• Policy makers
• Researchers
• Students
CEU’s (8-hours) will be available!

To learn more, visit chs.asu.edu/BHLC.

The School of Nutrition and Health Promotion is an academic unit of the College of Health Solutions.