



LIETUVOS  
NUTUKIMO  
ASOCIACIJA

## 10th International Scientific Lifestyle Medicine Conference in Lithuania

21 October 2026

Lithuanian University of Health Sciences (LSMU)

Lithuanian Obesity Association

VICTORIA Hotel Kaunas, Miško g. 11

### CONFERENCE PROGRAMME

08:30–09:00 **Registration**

09:00–10:00 **INTERACTIVE CONFERENCE OPENING**

*Prof. Ida Liseckienė, PhD., Dean of the Faculty of Public Health, Lithuanian University of Health Sciences*

*Guests*

10:00–10:45 **NOT ONLY WHAT, BUT ALSO WHEN: THE ROLE OF DIETARY PATTERNS AND CHRONONUTRITION IN SYNCHRONISING PERIPHERAL BIOLOGICAL CLOCKS**

*Lect. Lina Paulauskienė, Oncologist, Lifestyle Medicine Specialist, Lithuanian University of Health Sciences (Lithuania)*

10:45–11:30 **IMPACT OF LIFESTYLE ON NEUROPLASTICITY**

*Prof. Danielius Serapinas, PhD, Lithuanian University of Health Sciences (Lithuania)*

11:30–11:40 **Break**

11:40–12:25 **FROM KNOWLEDGE TO LASTING CHANGE: COACHING CONVERSATIONS THAT BRING LIFESTYLE MEDICINE TO LIFE DESCRIPTION**

*Karen Gregory-Mercado, PhD, Teaching Professor, College of Health Solutions at Arizona State University (US)*

12:25–13:10 **HEALTHY AGEING AND LIFESTYLE MEDICINE: AN EVIDENCE-BASED 6-PILLAR FRAMEWORK**

*Assoc. prof. Auksė Domeikienė, PhD, Lithuanian University of Health Sciences (Lithuania)*

13:10–14:10 **Lunch break**

14:10–14:55 **EXERCISE IS MEDICINE. WHEN PHYSICAL ACTIVITY IS NOT ENOUGH ... GO FOR EXERCISE PRESCRIPTION**

*Prof. Laimonas Šiupšinskas, PhD, Lithuanian University of Health Sciences (Lithuania)*

14:55–15:40 **WHEN STRESS AFFECTS THE BODY: HOW STRESS CONTRIBUTES TO DISEASE ONSET AND PROGRESSION**

*Lect. Goda Wickström, Psychologist, Lithuanian University of Health Sciences (Lithuania)*

15:40–15:50 **Break**

15:50–16:35 **BEYOND CALORIES: EMOTIONAL DEPENDENCE ON FOOD AS A KEY BARRIER TO SUSTAINABLE WEIGHT LOSS**

*Robert Zizka, Lifestyle Medicine Specialist, Founder and Vice-President of Czech Society of Lifestyle Medicine (Czechia)*

16:35–17:20 **THE SPEAKER AND PRESENTATION TOPIC WILL BE ANNOUNCED SHORTLY.**

17:20–17:40 **Conference closing**