



The Department of Preventive Medicine at the Lithuanian University of Health Sciences, Medical Academy, Faculty of Public Health, together with the Lithuanian Obesity Association, invites you to participate in the 9th International Lifestyle Medicine Conference.

Date: October 22, 2025

Time: registration on-site starts at 8:30 AM (EEST)

Venue: LSMU Faculty of Public Health, Tilžės St. 18, Kaunas. Auditorium 110 (Aula Magna)

Languages: The conference will be held in English and Lithuanian.

Participation: Free of charge.

Format:

Part I – hybrid (on-site and online) (in English) 9:00 AM - 12:30 PM (EEST)

Part II – on-site only (in Lithuanian) 13:30 PM – 16:30 PM (EEST)

Certificates: The conference is intended for lifestyle medicine specialists, public health specialists, physicians and nurses of all specialties, physiotherapists, psychologists, social workers, dietitians, and anyone interested in lifestyle medicine.

Participants attending the conference in person on-site will receive 8-hour electronic certificates of professional development, participants attending the conference online will receive 4-hour electronic certificates of attendance within one month after the conference.

Please complete the [registration form](#) to confirm your participation in the conference.

If you have any questions, please do not hesitate to contact: judita.bulotaite@lsmu.lt

9TH INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE IN LITHUANIA

October 22, 2025

CONFERENCE PROGRAM

PART I

- 08:30 – 09:00 REGISTRATION**
- 09:00 – 09:30 CONFERENCE OPENING**
- 09:30 – 10:15 LONGEVITY BLUE ZONES**
Prof. Michel Poulain, PhD, Emeritus Professor at UCLouvain, Belgium, and Senior Researcher at the Estonian Institute for Population Studies at Tallinn University (Belgium)
- 10:15 – 11:00 EMPOWERING CHANGE: COACHING STRATEGIES THAT SUPPORT SUSTAINABLE LIFESTYLE MEDICINE**
Prof. Karen Gregory-Mercado, PhD, Teaching Professor, College of Health Solutions at Arizona State University (US)
- 11:00 – 11:45 ROLE OF LIFESTYLES IN PRIMARY AND SECONDARY CANCER PREVENTION**
Virpi Sulosaari, PhD, Executive Lecturer, Turku University of Applied Sciences (Finland)
- 11:45 – 12:30 LIFESTYLE INTERVENTIONS FOR GUT MICROBIOTA MODULATION: LINKS BETWEEN SCIENTIFIC EVIDENCE AND CLINICAL PRACTICE**
(The presentation will be delivered in Lithuanian language)
Lect. Lina Paulauskienė, Lithuanian University of Health Sciences Medical Academy (LUHS MA) Faculty of Public Health, Department of Preventive Medicine, Lifestyle Medicine Specialist, Medical Oncologist (Lithuania)
- 12:30 – 13:30 LUNCH BREAK**

PART II

- 13:30 – 14:15 DISCUSSION – FUTURE PERSPECTIVES OF LIFESTYLE MEDICINE IN MODERN HEALTHCARE**
- 14:30 – 15:15 LIFESTYLE MEDICINE PRACTICE: INSIGHTS FROM WORKING WITH OLDER ADULTS**
(Room 106. The presentation will be delivered in Lithuanian language)
Aistė Kučinskienė, Lifestyle Medicine Specialist, Kaunas City Polyclinic – Dainava Department (Lithuania)
- 14:30 – 15:15 LIFESTYLE MEDICINE PRACTICE: INSIGHTS FROM WORKING WITH CHILDREN AND YOUTH**
(Room 107. The presentation will be delivered in Lithuanian language)
Vaiva Lukošienė, Lifestyle Medicine Specialist, Kaunas City Polyclinic – Šančiai Department (Lithuania)
- 14:30 – 15:15 LIFESTYLE MEDICINE PRACTICE: INSIGHTS FROM WORKING WITH CHILDREN**
(Room 108. The presentation will be delivered in Lithuanian language)
Lect. Giedrė Aukštakalnienė, Healthy Lifestyle Educator, LUHS MA Faculty of Public Health, Department of Preventive Medicine, Lifestyle Medicine Specialist, Altamedica "Lašo" Clinic (Lithuania)
- 15:25 – 16:10 LIFESTYLE MEDICINE PRACTICE: INSIGHTS FROM WORKING WITH OLDER ADULTS**
(Room 106. The presentation will be delivered in Lithuanian language)
Aistė Kučinskienė, Lifestyle Medicine Specialist, Kaunas City Polyclinic – Dainava Department (Lithuania)
- 15:25 – 16:10 LIFESTYLE MEDICINE PRACTICE: INSIGHTS FROM WORKING WITH CHILDREN AND YOUTH**
(Room 107. The presentation will be delivered in Lithuanian language)
Vaiva Lukošienė, Lifestyle Medicine Specialist, Kaunas City Polyclinic – Šančiai Department (Lithuania)
- 15:25 – 16:10 LIFESTYLE MEDICINE PRACTICE: INSIGHTS FROM WORKING WITH CHILDREN**
(Room 108. The presentation will be delivered in Lithuanian language)
Lect. Giedrė Aukštakalnienė, Healthy Lifestyle Educator, LUHS MA Faculty of Public Health, Department of Preventive Medicine, Lifestyle Medicine Specialist, Altamedica "Lašo" Clinic (Lithuania)
- 16:15 – 16:30 CONFERENCE CLOSING**