

Lietuvos sveikatos mokslų universiteto (LSMU) MA VSF Profilaktinės medicinos katedra kartu su Lietuvos nutukimo asociacija organizuoja 9-ją tarptautinę Gyvensenos medicinos konferenciją

Data: 2025 m. spalio 22 d.

Vieta: LSMU Visuomenės sveikatos fakultetas, Tilžės g. 18, Kaunas. 110 auditorija (Aula Magna).

Kalba: renginys vyks lietuvių ir anglų kalbomis.

Konferencija nemokama.

Konferencija vyks kontaktiniu ir nuotoliniu būdu.

I dalis – kontaktiniu ir nuotoliniu būdu.

II dalis – kontaktiniu būdu.

Pažymėjimai: Konferencija skirta gyvensenos medicinos specialistams, visuomenės sveikatos specialistams, visų specialybių gydytojams ir slaugytojams, kineziterapeutams, psichologams, socialiniams darbuotojams, dietistams ir visiems besidomintiems gyvensenos medicina.

Dalyviams, kurie dalyvaus konferencijoje auditorijoje/kontaktiniu būdu, bus išduodami 8 val. kvalifikacijos tobulinimo elektroniniai pažymėjimai (LSMU MEDAS sistemoje per mėnesį laiko nuo konferencijos pradžios).

Registracija: Registruojantis prašome nurodyti, ar dalyvausite gyvai, ar nuotoliniu būdu. Norinčius dalyvauti konferencijoje iki 2025.10.20 kviečiame užpildyti [registracijos formą](#).

Jei turėtumėte klausimų, maloniai kviečiame kreiptis: 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**
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- 16:15 – 16:30 CONFERENCE CLOSING**