



RLMI Continuing Medical Education (CME) courses FREE to qualified* medical professionals!

- Evidence-based virtual online courses in Nutrition and Lifestyle Medicine
- Gain knowledge and skills to help patients take charge of their own health
- Experience renewed Joy of Practice & Less Burnout
- Earn up to 34 AMA PRA Category Credit(s)[™] and IBLM MOC Credits

Register Here (or scan QR codes): RochesterLifestyleMedicine.org/cme-practitioner-courses/

Jumpstarting Health – Clinician Course –



15-Day Jumpstart Program is an experiential, immersive, facilitated, plant-based program that runs monthly via Zoom. Use discount code **LMprovider**

Jumpstarting Health: Live Participation (10 CME) - Optional CME credits for participating in a Jumpstart program. Register using coupon code **freeCME**



Jumpstarting Health: Foundations (14 CME) is a self-paced online didactic on the empirical basis for plant-based diet. Register using coupon code **freeCME**

the lift project



The Lift Project holistic program improves overall health using the latest findings from positive psychology, lifestyle medicine, and neuroscience. Meet one hour per week for ten weeks via Zoom. Use coupon code **LMprovider**

The Lift Project for Medical Professionals (10 CME) – Optional CME credits for participating in a Lift Project program. Use coupon code **freeCME**



LMGR (1 CME) is a free, monthly, one-hour, patient case presentation to a panel of Lifestyle Medicine experts, via Zoom.



Lifestyle Medicine
Grand Rounds

Contact certification@roclifemed.org or call 1-800-710-7564 with any questions.

* Qualified medical professionals include CNM, CSW/MSW/DSW, DC, DDS, DNP/NP/APRN, DO, DPH, MD, MPH, MSW, OD, OT/PT, PA, PharmD, PhD, RD/RDN, RN, Certified Health Coaches.