



## RLMI CME credits 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 AMA PRA Category Credit(s)<sup>™</sup> and IBLM MOC Credits

Register here [RochesterLifestyleMedicine.org/cme/](https://RochesterLifestyleMedicine.org/cme/) or scan QR codes below

### *Jumpstarting Health* – Clinician Course –



**15-Day Jumpstart Program (10 CME)** is an experiential, immersive, facilitated, plant-based program that runs monthly via Zoom. Use discount code **LMprovider**



**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 (10 CME)** 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. Participation requires a \$49 Lift Project license fee. Use discount code **MedProLIFT** for the facilitated program or **MedProLIFTSP** for the self-paced program.



**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](mailto: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.