

# LIFESTYLE MEDICINE GRAND ROUNDS



**Rochester Lifestyle  
Medicine Institute**

Rochester Lifestyle Medicine Institute (RLMI) is  
a 501(c)(3) non-profit organization  
*Teaching skills, not selling products...*

Lifestyle Medicine Grand Rounds (LMGR) are free monthly Zoom-based challenging patient case presentations to a panel of leading Lifestyle Medicine experts and renowned guest panelists. **Earn one free CME credit** while gaining valuable insights into patient care management. LMGRs are intended for all medical practitioners regardless of experience with Lifestyle Medicine.



**Lifestyle  
Medicine  
Grand  
Rounds**

Register here or use the QR code:

<https://onepaleblue.earth/lifestyle-medicine-grand-rounds/>



## OnePaleBlue.Earth

**OnePaleBlue.Earth** members continue LMGR case discussions with colleagues and have access to event recordings, presentation slides, transcripts, and much more! Non-members can still attend LMGRs and receive CME credit for free. The community was designed to promote human and planetary health in a space that fosters meaningful connections, authentic conversations, and positive emotions. Support comes from donors and a membership fee of \$5 per month (after a **free three-month trial**). We welcome you to join friends and colleagues who believe in the power of Lifestyle Medicine to help heal people and the planet.

Give it a trial here or use the QR code:

<https://onepaleblue.earth/memberships/>

