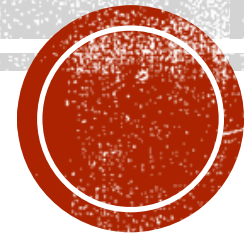


THE FIRST EUROPEAN CERTIFICATE IN LIFESTYLE MEDICINE
THE EUROPEAN HEALTH&FITNESS LIFESTYLE ADVISOR

15 February 2020

Kecskemét

Dr. Ioan Hanes, Coordinator of Education in the European Lifestyle Medicine Organization





EUROPEAN LIFESTYLE
MEDICINE ORGANIZATION

EUROPEAN LIFESTYLE MEDICINE ORGANIZATION (ELMO)
is a scientific, medical organization based in Geneva (Switzerland)
dedicated to research, prevention and treatment
of chronic diseases and lifestyle-related diseases
(syn: noncommunicable diseases NCDs)
promoting **evidenced based medicine**.

European Lifestyle Medicine Organization ELMO
Chemin des Mouilles, 4 • 1213 - Petit-Lancy • Suisse • www.elmo.org • info@elmo.org
Numero d'identification d'entreprise, IDE: CHE-245.611.678 – Geneva, Suisse.



ELMO counts more than **350 members**
from **48 countries** all over the world

Angola · Australia · Azerbaijan · Bahrain · Belgium · Brazil · Bulgaria · Croatia · Cyprus · Denmark · Ecuador · Egypt ·
France · Germany · Gibraltar · Greece · Hungary · Iceland · India · Ireland · Israel · Italy · Jordan · Kuwait · Lithuania ·
The Netherlands · Nigeria · Norway · Pakistan · Poland · Portugal · Romania · Russia · Saudi Arabia · Singapore · Slovakia ·
Slovenia · South Africa · Spain · Sweden · Switzerland · Thailand · Turkey · UAE · Uganda · UK · USA · Zimbabwe



**Evidence-based medicine approach in
the European Lifestyle Medicine
through clinical practice and education.**





EUROPEAN LIFESTYLE
MEDICINE ORGANIZATION

BOARD and STAFF



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Stefania Ubaldi, MD, PhD



Vice President
Ioannis Arkadianos, MD



Secretary General
Ioan Hanes, MD



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Giuseppe Porciello, MSc



Secretary
Inna Mazur



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ERASMUS CONFERENCES & EVENTS S.A.
4, Drosini Str., Voula, 16673, Athens, Greece
Tel: +30.210.7414700
Fax: +30.210.7257532
Email: info@erasmus.gr

The medical doctors of the ELMO Board are lifestyle medicine practicing clinicians in Switzerland, Greece and Belgium.



WHO ARE WE?



WHY AN EUROPEAN CERTIFICATE?

- existing certificates (price and content)
- why an European certificate (eg. Mediterranean versus plant based diet)
- official recognition



THE (B)ELMO CERTIFICATE

- an initiative of the Belgian Lifestyle Medicine Organization (BELMO) and the European Lifestyle Medicine Organization (ELMO)
- every Thursday from 19h00 to 21h
- a mandatory presence of 75% of the online time
- 16 hours online course and 3 hours personal work for developing participant's lifestyle medicine skills
- 1 hour duo online meeting for the evaluation of the 3 hours personal work in the last weeks of the course
- Zoom online platform
- the final exam will take place during the ELMO Congress in Athens (November 2020) or in Brussels/Geneva
- the online course is the required preparation



WHO AM I: THE CLASSICAL MEDICINE

Ioan Hanes, MD, MSc

- medical doctor living and practising in Brussels, Belgium
- certified clinical nutritionist and clinical sexologist (postgraduate and master degrees at KULeuven, Universiteit Gent, ULBruxelles, UCL)
- working as nutritionist in the Obesity Department of the Military Hospital Brussels
- medical expert in alcohol and drugs addiction (driving license jurisdiction)
- health screenings and medical check-ups lifestyle related for international companies based in Brussels



WHO AM I: THE LIFESTYLE MEDICINE

Ioan Hanes, MD, MSc

- Certification in Culinary Medicine (Institute of Lifestyle Medicine, Boston, US)
- Postgraduate studies in Exercise is Medicine (Universite Catholique Louvain, Belgium)
- Certificate in Motivational Interviewing practice (Massachusetts University Hospital, US)
- Postgraduate studies in Lifestyle Medicine (Harvard University, Boston, US)
- President of the Belgian Lifestyle Medicine Organization
- Member of the Board of the European Lifestyle Medicine Organization



THE STRUCTURE OF THE COURSE

- the basics of (European) lifestyle medicine (focus on European initiatives as North Karelia Project, Blue Zones etc)
- personal healthy lifestyle goal
- lifestyle medicine cases structured on real cases
- working groups as a way to practice lifestyle medicine skills
- guest lecturers from different European countries (20 minutes presentation)



FINANCIAL ASPECT OF THE COURSE

Medical doctors: 400 EUR

Non medical doctors: 350 EUR

Students: 300 EUR



HISTORY OF THE CERTIFICATE

- first session in 2019 with colleagues from Sweden, Portugal, Romania, Poland, Sri-Lanka (Japan), Belgium and Greece
- second extended session started in 31 January 2020 with colleagues from Belgium, Hungary, Brazil, Cyprus, Romania, Switzerland, France, Luxembourg, Italy, Holland, Portugal, Greece and Ireland



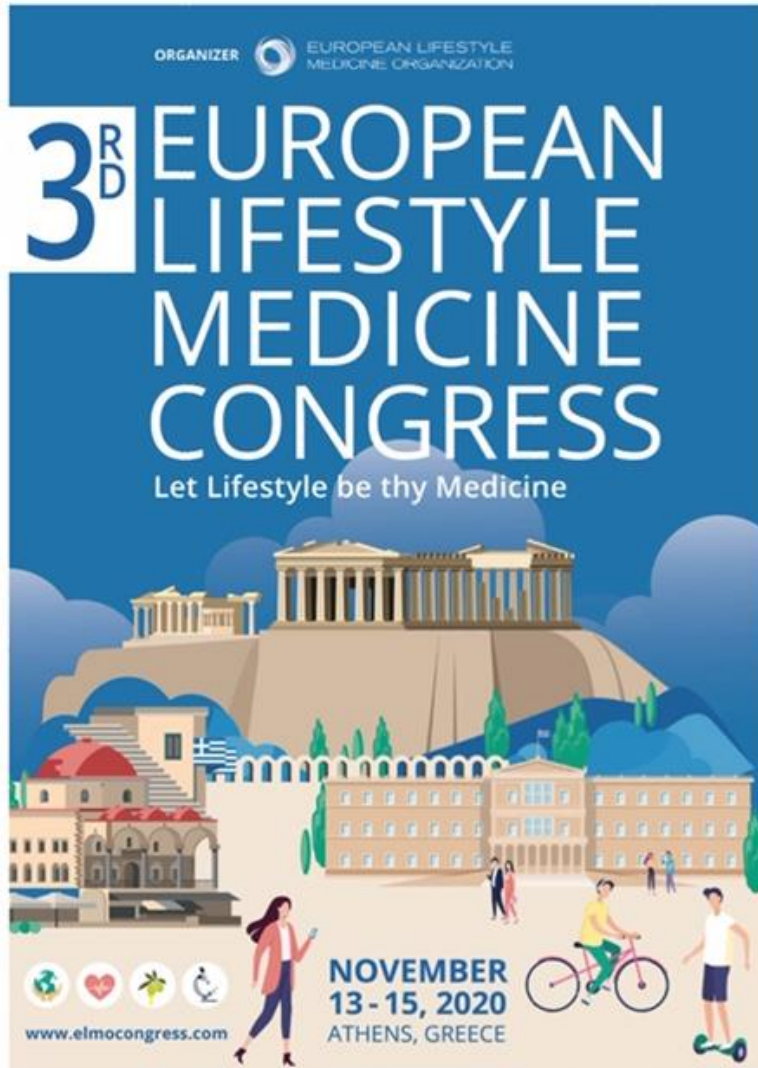
THE CERTIFICATE EVALUATION

- written MCQ exam in English
- oral examination in English, French, Hungarian, Dutch, Romanian and Greek
- participation in the course
- FaceToFace meeting
- Group Presentation
- locations this year: Brussels, Geneva and Athens (The 3rd ELMO Congress in November 2020)



KÖSZÖNÖM!





A viszontlátásra!

