

# LEARN IT, LIVE IT, LOVE IT!

# INTRODUCTION TO LIFESTYLE MEDICINE

Short course LIVE online with Prof Darren Morton, Dr Mel Renfrew and Simon Matthews

Join us for an engaging online lifestyle medicine experience featuring expert insights, interactive activities, and strategies for enhancing your well-being. Connect, learn, live and love it!

The course offers 10 hours of fun with friends online, and will run for 2 hours every Wednesday evening for 5 weeks.

Join Professor Darren Morton, Dr Mel Renfrew & Simon Matthews for an immersive LIVE online experience that features interactive & practical activities and engagement with your fellow participants. Participate in making quick & delicious plant-based food with Mel (participants will receive a list of ingredients to join in). Extra resources and references will be made available for those who wish to explore topics further.

This short course is suitable for anyone who is interested in the growing area of Lifestyle Medicine, not just health professionals. It is approved as a 10-hour event by the International Board of Lifestyle Medicine.

Participants will receive a certificate of completion.

## Topics include:

- Food is medicine
- Exercise is medicine
- Stress management
- Sleep hygiene
- Positive relationships
- Making it happen - effective behaviour-change strategies
- Managing substance use
- Plant-based cooking segments
- Physical activity breaks with Darren
- New frontiers in lifestyle medicine
- The role of meaning, purpose & spirituality



**Dates:** Aug 13, 20, 27, Sept 3 & 10 2025 live online @ Avondale University

**Time:** Wednesday evenings, 7pm - 9pm AEST

**Where:** LIVE via Zoom

**Cost:** Earlybird \$349 until July 23 (incl) | **\$399 from July 24** | Registrations close August 20, 10 pm.



To enrol, or find out more about the course, scan the QR code or go to <http://www.avondale.edu.au/short-courses/introduction-to-lifestyle-medicine> or email [lifestylemedicine@avondale.edu.au](mailto:lifestylemedicine@avondale.edu.au)