



# Personalised Lifestyle Medicine Essentials for the Ai era

Short course LIVE online with Dr Cameron McDonald

Explore the cutting-edge science of personalised lifestyle medicine and AI in this interactive and immersive experience.

**D**ive into this exciting topic during a LIVE 4.5 hour online course with Australian industry expert, Dr Cameron McDonald. The introductory course is designed for health professionals who want to be ahead of the game in understanding the key principles and application of personalised lifestyle medicine - accounting for individual differences, and the power that AI brings to LM practitioners. Join us for an enlightening and interactive experience – all from the comfort of home!

## Who Should Join?

This course is perfect for anyone curious about personalised Lifestyle Medicine, from passionate individuals wanting to improve their health to innovative health professionals with a heartfelt desire to empower their patients to improve their well-being.

**Receive a Certificate of Attendance, and add it to your CPD.**

## Invest in Health Innovation

## The Course Includes

- Scientific principles that form the foundation of personalised lifestyle medicine – considerations for individual care
- Genotype and phenotype explained
- How to conduct a personalised lifestyle medicine assessment
- An introduction to personalised exercise, nutrition, and sleep - non-responders and individual variation
- Chronobiology and chronotypes: the science of circadian rhythms, impact on disease and use within interventions
- Psychosocial health and accounting for individual differences in personality and behavioural tendencies
- Environmental factors influencing personalised health - why the same environment creates a different response
- Implications and integrations for practice
- Clinical reflection and real-world application
- The essential role of practitioners in the age of AI
- AI in lifestyle medicine - opportunities and challenges

**\*\* Early bird discount! - pay by credit card by July 7 (inclusive) and pay only \$199 (full fee is \$249) \*\***

Registrations close on July 22 at 10 pm.

**Duration:** 1.5 hours every Wednesday evening for 3 weeks  
**Dates:** July 29, August 5 & 12, 2025  
**Time:** 7:00 – 8:30 pm AEST  
**Location:** Live via Zoom, hosted by Avondale University



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