

Introduction to Lifestyle Medicine

Strategies for enhanced well-being



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

General Overview

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!

Why You Should Join

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. Enjoy a physical activity session with Darren and several virtual recipe demonstrations with Mel. 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.

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

Invest in Your Health and Longevity

Take an introductory step toward lifestyle medicine—while gaining practical tools grounded in science.

Early bird: \$349 until February 10, 2027 (inclusive)

Full price: \$399 from February 11, 2027

This course is non-refundable; session recordings will be available.

Registrations close March 2, 2027

For more information on Avondale University's Lifestyle Medicine courses visit lifestyle.avondale.edu.au or contact lifestylemedicine@avondale.edu.au

Course Essentials

Duration: 2 hours every Tuesday evening for 5 weeks

Dates: Feb 23, Mar 2, 9, 16 & 23, 2027

Time: 7:00 - 9:00 pm AEDT

Location: Live via Zoom, hosted by Avondale University

Assessment: Participants will receive a certificate of completion (no formal assessments)

Course Topics

1. Food is medicine
2. Exercise is medicine
3. Stress management
4. Sleep hygiene
5. Positive relationships
6. Making it happen - effective behaviour-change strategies
7. Managing substance use
8. Plant-based cooking segments
9. Physical activity breaks with Darren
10. New frontiers in lifestyle medicine
11. The role of meaning, purpose & spirituality

Register here

