

Personalised Lifestyle Medicine

Essentials for the AI Era

Short course live online with Dr Cameron McDonald



General Overview

Dive 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!

Why You 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 Your Health and Longevity

Take a proactive step toward personalised lifestyle medicine—while gaining practical tools grounded in science.

Early bird: \$199 until September 28, 2026 (inclusive)

Full price: \$249 from September 29, 2026

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

Registrations close October 12

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

Course Essentials

Duration: 1.5 hours every Monday evening for 3 weeks

Dates: Oct 5, 12 & 19, 2026

Time: 7:00 - 8:30 pm AEDT

Location: Live via Zoom, hosted by Avondale University

Assessment: Learning self-check quizzes for each topic (no formal assessments)

Course Topics

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

Register here

