

## APPLICATION REQUIREMENTS

Interested candidates who have completed a US medical residency and are ABMS board certified or board eligible

Submit

- Curriculum Vitae (CV)
- Personal interest statement (1-2 pages)
- A minimum of two letters of recommendation (one from most recent program director)



## APPLICATIONS DUE OCTOBER 1<sup>ST</sup>

Select candidates will be invited for interviews

Submit documents to:  
PrevMedRes@llu.edu

Empowering physicians  
through lifestyle medicine  
specialist education & training



LOMA LINDA UNIVERSITY  
HEALTH

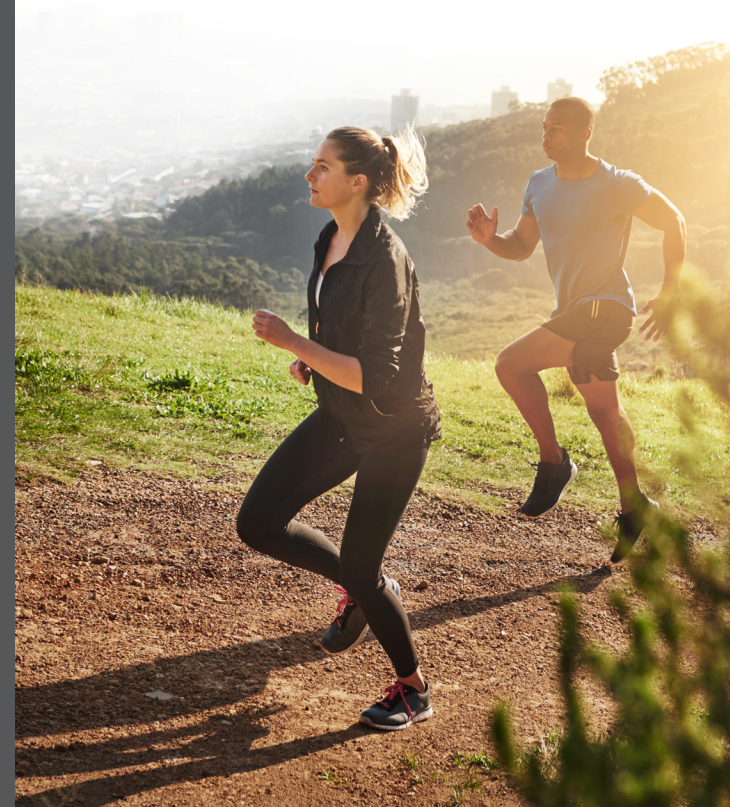
Department of Preventive Medicine  
Evans Hall  
24785 Stewart Street, Suite 204  
Loma Linda, CA 92350-2741

Phone: (909) 651-5616  
Email: PrevMedRes@llu.edu  
Website: lluh.org/lmfellowship

**Many Strengths.  
One Mission.**

## Lifestyle Medicine Specialist Fellowship

A 1-year fellowship that will transform  
the way you practice medicine forever!



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HEALTH

# PROGRAM AIM

Our 1-year Lifestyle Medicine Specialist Fellowship seeks to train physicians to utilize lifestyle medicine (LM) as a therapeutic modality for the prevention, treatment and reversal of chronic disease in individuals, populations and communities.

Our program structure emphasizes the professional, attitudinal, cognitive, and technical skills necessary to provide competent and compassionate care for patients with a variety of chronic diseases at different levels of severity or progression.

## EDUCATIONAL COMPETENCIES

In keeping with our mission to train and develop leaders in the practice of LM, our fellowship will address the following core LM competencies:

- Nutrition
- Physical Activity
- Health Behavior Change
- Sleep Health
- Stress Reduction
- Tobacco & Substance Use Cessation
- Emotional Wellness & Connectedness
- Spirituality and Whole Person Care

## FELLOWSHIP OBJECTIVES

- Demonstrate proficiency in practice-based learning through evidence-based LM guidelines
- Create scholarly contributions in the field of LM
- Implement quality improvement as a part of LM practice
- Show expertise in systems-based practice and the use of multi-disciplinary teams
- Design personal improvement plan integrating the core values of LM into their personal lives

## CURRICULUM

- American Board of Lifestyle Medicine (ABLM) - LM Physician certification eligible
- ABLM - LM Specialist designation eligible
- LM & culinary medicine didactics
- Unique LM outpatient consultation clinics
- LM inpatient consultation service with group wellness classes
- Intensive Therapeutic Lifestyle Change (ITLC) programs
- Lifestyle-related scholarly projects and research

