



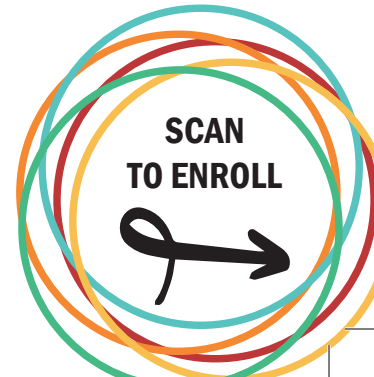
LMRC

Lifestyle Medicine
Residency Curriculum

ABOUT LMRC

The LMRC consists of both **educational** and **practicum** components. Its educational component includes **40 hours** of interactive virtual didactic material along with **60 hours** of application activities designed to be completed over a one- to three-year time period. The practicum component includes **400 lifestyle medicine-related patient encounters**, **10 hours of (intensive) therapeutic lifestyle change** (ITLC or TLC) program experience and **10 hours of group facilitation** experience.

Upon completion of the education and practicum components, residents qualify to sit for the **American Board of Lifestyle Medicine (ABLM) certification exam**.





lifestylemedicine.org

ENROLL & PARTICIPATE

Become Lifestyle Medicine **Board Eligible**

PREVENT, TREAT AND REVERSE CHRONIC DISEASE

The American College of Lifestyle Medicine is the medical professional home for those dedicated to identifying and eradicating the root causes of chronic disease, thus advancing lifestyle medicine as the foundation for all health and health care.

FREE ONE-YEAR ACLM MEMBERSHIP*

ACLM is proud to offer a complimentary one-year student/trainee level membership to first-year LMRC residents (\$80 value)!

- ▶ ACCESS THE *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*
- ▶ ACCESS CLINICAL TOOLS AND PATIENT RESOURCES
- ▶ NETWORK WITH LIFESTYLE MEDICINE CLINICIANS

*This offer is valid for residents participating in the LMRC new to ACLM. It is valid for 12 months. Renewal at the student/trainee level is \$55 annually.

Collaborative Initiative of:



5 EASY STEPS

1. SCAN THE CODE
2. CREATE YOUR ACCOUNT
3. ENROLL IN THE LMRC
4. BEGIN YOUR VIRTUAL, INTERACTIVE LMRC EXPERIENCE
5. ACCESS ACLM MEMBER BENEFITS

NEED SUPPORT?

Email lmrc@lifestylemedicine.org