

The Rockefeller University Hospital proudly offers a unique and free CME/CE opportunity from the American College of Lifestyle Medicine to our clinicians and staff. Take advantage of this new course bundle that provides a foundational, evidence-based introduction to the field of lifestyle medicine with a focus on nutrition, often the most complex behavior to change, as a way to prevent and treat chronic disease.

This course bundle consists of three modules, four presentations and 5.5 hours of CME/CE content. Below is an outline for the course:

- Introduction to Lifestyle Medicine module (1 hour)
- Food as Medicine: Nutrition for Prevention and Longevity module (3 hours)
- Food as Medicine: Nutrition for Treatment and Risk Reduction module (1.5 hours)

To enroll, select REGISTER NOW at www.lifestylemedicine.org/essentials

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