  
 **1st Annual Family Medicine Introduction to Lifestyle, Integrative, Functional Medicine | 02/28/2025 6:30 PM Online**

First Annual Family Medicine Department CME Event featuring speakers from the Lifestyle, Integrative, Functional Medicine Department. This panel of speakers will be sharing wellness education, recipes and other wellness processes. Learners will be provided in depth information regarding lifestyle medicine as a medical approach utilizing evidence-based lifestyle interventions in PC daily practice.

**Program Goal**

1 Discuss lifestyle medicine as a medical approach utilizing evidence based lifestyle interventions in PC daily practice

2 Discuss integrative medicine as a patient centered approach to patient pathways that combines conventional and integrative complimentary therapies.

3 Discuss and define functional medicine as a systems biology-based approach that focuses on identifying and addressing the CORE causes of disease and inflammation.

**Target Audience** Family Medicine

**Faculty**

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| --- | --- | --- |
| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| Margaret E Swenor, DO | Course Director, Faculty | Nothing to disclose - 01/04/2025 |
| Tamara Hemovich, Business | Activity Coordinator | Nothing to disclose - 10/09/2024 |
| Aarthi Chandarana, DO | Faculty | Nothing to disclose - 12/21/2024 |
| Christina Miller, BS | CME Reviewer | Nothing to disclose - 01/29/2025 |
| Denise White Perkins, MD | Faculty | Grant or research support-Genentech|Grant or research support-Lilly - 12/20/2024 |
| Crystal M Gyiraszin, MS | CME Specialist | Nothing to disclose - 02/07/2025 |
| Zeyiad Elias, Other, LAc | Faculty | Nothing to disclose - 12/12/2024 |
| Eli Eisman, DO, DO, PhD | Faculty | Nothing to disclose - 12/20/2024 |
| Ryan Mehmandoost-Gauthier, DAOM , Doctor of Acupuncture and Oriental Medicine (DAOM) | Faculty | Nothing to disclose - 01/08/2025 |

All of the relevant financial relationships listed for these individuals have been mitigated.

**ACCREDITATION STATEMENT:** Henry Ford Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**DESIGNATION STATEMENT:** Henry Ford Health designates this live course for a maximum of 0.75 *AMA PRA Category 1 Credit(s) TM*. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

**FACULTY/PLANNING COMMITTEE DISCLOSURE STATEMENT:** In compliance with the ACCME standards for Commercial Support, all individuals in a position to control/influence the content of this activity are required to disclose relevant financial interests of their own with any ACCME defined commercial interests for the past 24 months and/or non-FDA approved use of a drug or a device that is included in the presentation. All relevant financial relationships have been mitigated prior to the commencement of the activity.

**ACCESSIBILITY STATEMENT:** Henry Ford Health provides qualified interpreters and other aids for Deaf, DeafBlind, and Hard-of-Hearing persons at no cost. To request assistance, contact the event coordinator Please allow a minimum of 3 days to process this request.