

# SAVE THE DATE!



## Lifestyle & Performance Medicine Lecture Series **Preventing and Reversing Disease with Lifestyle Medicine: Translating the Mechanisms into Practical Clinical Application**

30 May 2023 1200 - 1300 (Eastern Time)

### Presenter:

Dr. Beth Motley, MD, FACLM, DipABLM  
Family Medicine/Lifestyle Medicine  
Prisma Health  
Greenville, SC

### Learning Objectives

- 1) Analyze and implement evidence-based clinical practice guidelines relevant to Lifestyle Medicine for prevention, treatment, and reversal of chronic diseases.
- 2) Demonstrate the mechanisms by which a whole foods plant-based eating style has a positive impact on our most common chronic diseases.
- 3) Share practical tools for encouraging lifestyle-related behavior changes in an efficient and effective manner during the office visit.

### Target Audience

(Introductory Instructional Level)

**\*Event Details Subject to Change\***

Physicians (ACCME) • Physician Assistants (AAPA) • Nurses (ANCC) • Pharmacists, Pharmacy Technicians (ACPE) • Social Workers (ASWB) • Psychologists (APA) • Occupational Therapists, Occupational Therapy Assistants (AOTA) • Kinesiotherapists (COPSKT) • Physical Therapists, Physical Therapist Assistants (PTA) • Certified Counselors (NBCC) • Healthcare Executives (ACHE) • Dentists, Dental Hygienists, Dental Technicians (ADA) • Optometrists (ARBO/COPE) • Registered Dieticians, Dietetic Technicians (CDR) • Audiologists, Speech Language Pathologists (ASHA) • and other health care professionals

**Presentation Link thru Zoom:** <https://us06web.zoom.us/j/89922898912?pwd=TUI5SVA0Nk5YVXZ0VmQzMVIVL0U0dz09>

**Dial-In: 301-715-8592**

**Meeting ID: 899 2289 8912**

**Passcode: 976574**



#### Participation Costs

There is no cost to participate in this activity.

#### Cancellation Policy:

You will be notified via email if the activity is cancelled.

#### Commercial Support

There is no known commercial support for this activity.

# Presenter Biography



Dr. Beth Motley, MD, FACLM, DipABLM

Beth Motley MD is a Family Medicine/Lifestyle Medicine physician in Greenville, SC. She is an early example of a student of Lifestyle Medicine. In her training, she visited a variety of Lifestyle Medicine physicians around the U.S., including Drs. Caldwell Esselstyn, John McDougall, Neil Barnard, and Ron Weiss, with a goal to explore different practice models and see how each has been successful in implementing Lifestyle Medicine in their community. Equipped with this experience, she was in the first class of ACLM diplomats in 2017. Although hired into a traditional Family Medicine role in a large hospital system, she has been actively transitioning her practice into Lifestyle Medicine using the tools that she picked up along the way. She is from Acton, MA and studied engineering at the University of Virginia prior to attending Eastern Virginia Medical School. She completed her Family Medicine residency with Greenville Health System. Today, Dr. Motley is a Clinical Assistant Professor at the University of South Carolina School of Medicine in Greenville, SC, a speaker and advocate for Lifestyle Medicine in her community, and mentor for students and residents around the country.

***“Medically Ready Force...Ready Medical Force”***