



The Doctors Lounge- Lifestyle Medicine Integration

2022-2023

Aug 3 8-9 AM	Understanding Lifestyle Medicine Elizabeth Swenor, DO	https://msu.zoom.us/j/98231630378 Meeting ID: 982 3163 0378 Passcode: 244614
Sept 7 8-9 AM	Communication and Motivational Interviewing/ Collaborating, Motivating, Goal setting, and Tracking Christina Lucas, DO	https://msu.zoom.us/j/92848453875 Meeting ID: 928 4845 3875 Passcode: 048220
Oct 5 8- noon	<ul style="list-style-type: none">• Empowering People to Change; Katie Ruger, EdD• Physician Heal Thy Self; Christina Lucas, DO• Improving Health Through Exercise; Carrie Nazaroff, PhD	https://msu.zoom.us/j/92442315501 Meeting ID: 924 4231 5501 Passcode: 395455
Nov 2 8- noon	<ul style="list-style-type: none">• The Nutrition-Health Connection; Elizabeth Swenor, DO• Weight Management; Elizabeth Swenor, DO• Sleep matters; Rob Seiler, DO• Stress and Resilience, Brenda Lepisto, PsyD	https://msu.zoom.us/j/97385771157 Meeting ID: 973 8577 1157 Passcode: 654778
Dec 7 8- 1 PM	<ul style="list-style-type: none">• Self-compassion; John Taylor, PsyD• The Power of Connections; Lisa MacLean, MD• Positively Positive; Lisa MacLean, MD• Peace of Mind with Meditation, Mindfulness, and Relaxation; Ryan Gauthier, DAOM, RAc, LMT	https://msu.zoom.us/j/94032674349 Meeting ID: 940 3267 4349 Passcode: 614424
Jan 11 8-10 AM	Substance use Disorder- Adam Shammami, DO	https://msu.zoom.us/j/99246358789 Meeting ID: 992 4635 8789 Passcode: 982496
May 3 9- Noon	<ul style="list-style-type: none">• Staying the Course, Erin Reis, EdD• Culinary Coaching, Anne Dudley, DO• Coaching; Deb Young PharmD	https://msu.zoom.us/j/94521927414 Meeting ID: 945 2192 7414 Passcode: 425925



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