

The dates of the next edition

2022 – 2023

| | USA English 22/23 | ITALY Italian 2023 | FRANCE French 2023 |
|--|----------------------------------|-----------------------------------|-----------------------------------|
| First module Me, Inc | September 2022 23-24 | January 14-15 | January 21-22 |
| Second module (online) Health assessment | October 2022 14-22– 29 | February/202 7-14-21 | February 8- 15- 22 |
| Third module Empower people to be the best | November 2022 26-27 | March 18-19 | March 25-26 |
| Fourth module Exercise as medicine | January 2023 14-15 | April 15-16 | April 22-23 |
| Fifth module Food as medicine | February 2023 25-26 | May 13-14 | May 20 -21 |
| Sixth module Sleep as medicine | March 2023 25-26 | June 17 -18 | June 24-25 |
| Seventh module Stress and resilience | April 2023 22-23 | July 15-16 | July22-23 |
| Eighth module The science of gratitude and happiness | May 2023 27-28 | September 16-17 | September 23-24 |
| Practice of lifestyle medicine | June – August 2023 | October – December 2023 | October – December 2023 |
| Final Case Study | September 2023 2 | January | January |