

# Clinicians CHEF Coaching

The Institute of Lifestyle Medicine (ILM) was founded in 2007 at Harvard Medical School to reduce lifestyle-related death and disease in society through clinician-directed interventions with patients. A non-profit professional education, research, and advocacy organization, the ILM is uniquely positioned to ignite clinician involvement in lifestyle medicine.

**Clinicians CHEF Coaching is a 2-part evidence-based training program focused on culinary coaching - an innovative telemedicine approach to improve nutrition through culinary training, combined with health coaching principles.**

## **CHEF Coaching, Part I: The Basics**

9 skill-based modules to jump-start your culinary coaching skills.

## **CHEF Coaching, Part II: Beyond The Basics**

5 live, small group practice sessions with like-minded peers and a culinary coaching instructors, where you can apply the skills in real world scenarios.

Complete our 2-part program and earn a "*Certificate of Completion in Culinary Coaching*" from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School.





# 2024/2025 PROGRAMS

## CHEF Coaching is offered through Harvard Medical School or Spaulding Rehabilitation Hospital. One program, different advantages!

### CHEF Coaching training through Harvard Medical School, advantages:

1. CME credits (including AAFP, NP, RN, PA, ABLM/IBLM and A.N.D). For details please visit course registration page.
2. Opportunity to combine with the Institute of Lifestyle Medicine annual conference.
3. A self-paced enduring material option at a reduced cost.

### CHEF Coaching, Part I: The Basics

#### 1. Live Streaming

Join us live online for a full day seminar as part of the Institute of Lifestyle Medicine conference June 6-8, 2024.

Pricing: \$350. Registration to main conference is required. More information & registration:

<https://lifestylemedicine.hmscme.com>

#### 2. Enduring Material

Complete recorded modules of the program at your convenience. Pricing: \$270. More information & registration: [https://](https://cmecatalog.hms.harvard.edu/culinary-health-education-fundamentals-chef-coaching-basics)

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### CHEF Coaching, Part II: Beyond The Basics

#### Live Streaming – four cohorts are available.

Pricing: \$495. More information & registration: <http://bit.ly/CHEFCoachInfo>

Cohort 1: Spring 2024 (April 1 - May 2)

Cohort 2: Summer 2024 (July 8 - August 9)

Cohort 3: Winter 2025 (January 6 - February 7)

Cohort 4: Spring 2025 (March 31 - May 2)

### CHEF Coaching training through Spaulding Rehabilitation Hospital, advantages:

1. ACF, A.N.D., NBC-HWC and Wellcoaches continuing education credits available. For details please visit course registration page.
2. Opportunity for a live stream without the need to combine with the ILM annual conference.

### CHEF Coaching, Parts I & II: The Basics *and* Beyond The Basics

#### Live Streaming

This 10-week program consists of BOTH CHEF Coaching the Basics and CHEF Coaching Beyond the Basics. The schedule alternates between tele-classes one week and small group training sessions the next. The teleclasses are presented on Monday evenings at 8:00 pm (ET) — recordings will be available. There are 6 different options for the small group practice sessions.

Early bird pricing (including CHEF Coaching Beyond the Basics): \$840 (cost increases to \$990 after July 19th, 2024). More information & registration: <https://spauldingrehab.org/education-training/cme/clinicians-chef-coaching>



# FACULTY



## **Rani Polak, MD, MBA, Chef**

Founder and Director of the Culinary Healthcare Education Fundamentals (CHEF) Coaching program at the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School. Dr. Polak's current work is concentrated on culinary coaching, an innovative remote approach which utilizes evidence-based medicine to help individuals and professionals to efficiently and cost-effectively improve nutrition through home cooking. His work has been featured in many media outlets including Scientific American, Herald Tribune, Jerusalem Post, and USA Today.



## **Dr. Edward Phillips, MD**

Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Chief of Physical Medicine and Rehabilitation Services at the Boston VA Healthcare System. Dr. Phillip founded and directs the Institute of Lifestyle Medicine (ILM) in the Department of Physical Medicine and Rehabilitation at Harvard Medical School. Dr. Phillips is the co-founder/co-director of the Lifestyle Medicine Education Collaborative, which works to include Lifestyle Medicine in medical school curricula. He is an active clinician and researcher who speaks and consults nationally guiding a broad based effort to reduce lifestyle-related death, disease, and costs through clinician directed interventions with patients.



## **Jane Barg, NBC-HWC, Chef**

Jane is a National Board Certified Health and Wellness coach and a chef. She received her health coach training from Duke Integrative Medicine, Durham, NC, and is a member of the CHEF Coaching program faculty. In her private practice, located in Bucks County, PA, she offers individual and group health coaching as well as Culinary Coaching. She is the founder of the Artful Palate catering company and has taught culinary classes in the Philadelphia region.



## **Karla Arancibia, MD, MPH**

Karla is a lifestyle medicine physician and health, wellness and culinary coach providing services in Latin America, Europe and the United States. She is co-founder of the Latin American Lifestyle Medicine Association (LALMA). She is a graduate of the CHEF Coaching program and is co-founder of the Lifestyle Medicine Clinics in Latin America and owns her own health and wellness coaching practice Healthview Lifestyle Institute in the U.S. Karla has also served as professor at Ricardo Palma University in the first accredited specialty in Lifestyle Medicine in Latin America for physicians and health professionals, where she was director of the culinary medicine workshops. She has been speaker in several international symposiums, radio and television.



## FACULTY



### **Shirley Garrett, NBC-HWC, Chef, Medical Exercise Specialist (ACE)**

Shirley Garrett's 24-year career as a Certified Medical Exercise Specialist (A.C.E) and Health Coach (A.C.E.), has evolved into a Lifestyle Medicine and Health business that features not only functional exercise for her clients, but after earning her Professional Culinary Arts diploma and a certificate of completion in Culinary Coaching (Inst. Of Lifestyle Medicine), Shirley has added Cooking Classes and Culinary Coaching to the list of services she provides in person and online.



### **Laura Klein, MBA, Chef**

Laura is the owner of Well Seasoned Coaching and faculty for the CHEF Coaching program. As a Culinary Coach, Laura focuses on the challenges of maintaining a healthy lifestyle in today's busy world. Through a combination of nutrition education, healthy goal setting and home cooking skills Laura helps her clients achieve their wellness goals. Laura's coaching credentials include certifications from the Coaches Training Institute, Wellcoaches, The American Council on Exercise and Genavix Wellness Corporation. Additionally, Laura holds a certificate in culinary nutrition from the Natural Gourmet Institute and is a graduate of the CHEF Coaching program and the Cambridge School of Culinary Arts.



### **Lizzie Luchsinger, Chef**

Lizzie is a Chef, health coach, and faculty for the CHEF Coaching program. Lizzie also serves as Program Coordinator for Community Culinary and Nutrition at Kalamazoo Valley Community College and is Affiliate Clinical Faculty at Grand Valley State University. Lizzie has a passion for connecting community with improved health outcomes through food as medicine. Recent projects include working with marginalized communities to increase access to healthy food, providing customized culinary medicine training for medical and nursing students, and forming regional collaborations to fund and advance access to nutrition and culinary education. Her work has been published in the American Journal of Lifestyle Medicine and the Journal of Alternative and Complementary Medicine.

## ADDITIONAL INFORMATION

Live complementary information sessions are offered throughout the year. To view schedule and register for an information session, please visit: <http://bit.ly/CHEFCoachInfo>

For more information, please contact:

Phone: (671) 952-6493

Email: [chefcoaching@instituteoflifestylemedicine.org](mailto:chefcoaching@instituteoflifestylemedicine.org)

