

6TH

INTERNATIONAL
CONFERENCE ON
LIFESTYLE MEDICINE

ISLMCON 2025

31 OCT - 2 NOV 2025

VENUE : CLUB 07,
AHMEDABAD, GUJARAT

**Workshop : "From Hurting to Healing: A
Lifestyle Medicine Approach to Chronic Pain"**

Date: October 31, 2025

Venue: Club 07, Ahmedabad

Join internationally acclaimed pain physician Dr. Deepak Ravindran (UK) for a half-day immersive workshop that blends neuroscience, trauma-informed care, and lifestyle medicine to address one of the most misunderstood health issues: persistent pain.

Who should attend?

Physicians, physiotherapists, psychologists, nurses, health coaches & all healthcare professionals passionate about integrative care.

Key takeaways:

- Latest neuroscience of chronic pain
- Biopsychosocial & trauma-informed approach
- LM-based tools: nutrition, sleep, stress, movement & connection
- Real-world, patient-centered strategies you can use from Day 1

Limited seats | Pre-registration required

Let's shift the conversation from "What's wrong?" to "What's possible?"