

Lifestyle Medicine for Physical and Mental Health

presented by

Elizabeth (Beth) Frates, MD

Beth Frates, MD is a trained psychiatrist and a health and wellness coach, with expertise in Lifestyle Medicine. She has received several teaching accolades from Harvard Extension School and Harvard Medical School, where she is an Associate Professor, Part-Time. Most recently, in spring 2025, Dr. Frates received the Petra Shattuck Excellence in Teaching Award.

Dr. Frates is one of the first women to be recognized as a Fellow of the American College of Lifestyle Medicine, and she is a pioneer in lifestyle medicine. In 2008, Dr. Frates created the first Lifestyle Medicine Interest Group at Harvard Medical School. In 2014, she developed and taught a bachelor's and master's level Lifestyle Medicine curriculum at the Harvard Extension School, which is still one of the most well-received courses offered at the school. In 2017, Dr. Frates was selected to be one of four item writers for the American Board of Lifestyle Medicine's inaugural exam for certification in this specialty. She was voted President of the American College of Lifestyle Medicine in August 2020. Dr. Frates served as President until November 2024 and now serves two years as Immediate Past President.

Dr. Frates co-authored The Lifestyle Medicine Handbook: An Introduction to the Power of Healthy Habits, which was ranked in the top 20 by Book Authority for medical books released in 2018. To accompany the syllabus and handbook, she also co-created Lifestyle Medicine 101, a full bachelor's and master's level curriculum with 12 modules of material, including PowerPoints for each week and a teacher's manual. Dr. Frates has made this resource free, and it is accessible through the ACLM website. In addition, Dr. Frates co-authored The Teen Lifestyle Medicine Handbook, published in October 2020, which when paired with the Teen Curriculum consisting of a Teacher's Manual and 12 PowerPoint decks can be used to teach and empower middle-school and high school students to adopt and sustain healthy habits. In 2023, Dr. Frates co-authored The Lifestyle Medicine Pocket Guide and co-edited the book Empowering Behavior Change in Patients. Most recently, in June 2024, she co-edited the book Essentials of Clinical Nutrition in Healthcare, published by McGraw Hill.

Dr. Frates has created and implemented a 12-Step wellness program, PAVING the Path to Wellness™ for patients and providers. Most recently, she co-authored the book PAVING the Path to Wellness Workbook: A Guide to Thriving with a Healthy Body, Peaceful Mind and Joyful Heart. In addition, Dr. Frates has her own Lifestyle Medicine consulting/coaching practice where she sees patients 1:1 and in groups.

3/26/2026 8:00:00 AM

<https://hartfordhealthcare.zoom.us/j/91935884926>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Identify the 6 pillars of lifestyle medicine.*
- 2. Summarize the guidelines for each pillar.*
- 3. Describe relevant research in each pillar.*

Accreditation: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum **1.25 ANCC** contact hours.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Beth Frates, MD: Nothing to disclose - 03/04/2026

