

ABOUT THE CONFERENCE

Accreditation & Designation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Inspired IM Foundation and CME Outfitters, LLC. CME Outfitters LLC 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 (ACCME): CME Outfitters, LLC designates this live activity for a maximum of **17.0 AMA PRA Category 1 Credit(s)™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Course Development Team

Lynn (Stiff) Bellmore, MD
See Faculty pages

Michelle Flowers, MD
See Faculty pages

Kerri Diamant
Founder and co-Executive Director of Inspired IM Foundation

Target Audience

- Primary Care Physicians and Specialists (MD, DO)
- Naturopathic Doctors (ND)
- Nurses & Advanced Practice Providers (PharmD, NP, PA, RN)
- Mental Health Professionals (Psychologist, LPC, Social Worker, Therapist)
- Dietitians & Nutritionists
- Chiropractors (DC)
- Professors, Instructors & Administrators
- Health Coaches
- Complementary & Alternative Medicine (CAM) Professionals
- Fellows, Residents & Students

Conference Objectives

At the conclusion of the course, the participant should be able to:

1. Analyze gut-system interactions and biopsychosocial-environmental factors that drive chronic disease to enhance clinical decision-making and patient care.
2. Incorporate personalized and precision-based medical tools—including metabolic support, immune modulation, mind-body therapies, sleep science, bodywork, hormone balancing, and wearable health monitoring—as appropriate to improve patient outcomes.
3. Engage with integrative and conventional practitioners to explore collaborative strategies for addressing the causes of chronic disease and extending healthspan.

Conference Registration

Register now and save 20% – Offer Ends 6/4/25

Regular rates	• Physicians	\$845
	• Allied Health	\$745
	• Students	\$295

Use discount code **BROCHURE** at checkout to save up to \$169.

Register online at ticketstripe.com/cimc-2025 or scan the QR code.

Email Contact@inspiredim.org or call 970.310.3030 with questions.



QR code #1
(Registration)



QR code #2
(Learn more)

Conference Hours

July 11, 2025 5:00pm-10:00pm

July 12, 2025 8:00am-6:30pm
(with breaks and lunch)

July 13, 2025 8:00am-5:00pm
(with breaks and lunch)

Exhibitor Booth Hours

July 11, 2025 5:00pm-10:00pm

July 12, 2025 7:30am-6:00pm

July 13, 2025 8:00am-4:00pm

Sponsors & Exhibitors

For more information to sponsor or exhibit, please visit

inspiredim.org/conferences or
contact Contact@inspiredim.org.

Volunteers

If you are interested in volunteering for the conference, email Contact@inspiredim.org.

Accommodations

Prior to June 11, 2025, if available, you may reserve a room at the Y Central Lodges (cIMc blocked rooms) online. To learn more, visit: inspiredim.org/conferences/lodging-2025 (or use QR code #3 to book at the Y), select check-in July 11th and check-out July 13th, and use group code **Y001AFB731** (case sensitive).



QR code #3
(Accommodations)

The booking price will include the lodging rate plus the required 3-buffet meals per person per night stay, starting with dinner until lunch the next day. If you wish to stay longer than the period shown available online, please book online for the conference nights first. Then with your reservation number in hand, call Family Reservations at 1.888.613.9622 to add the additional nights and mention that you are with the cIMc2025 group to receive the group rate. Upon booking, attendees are charged 35% of the total stay on the credit card. Please note the Y lodging reservation cancellation policy of 48 hours in advance of the arrival date. Visit VisitEstesPark.com/lodging to find lodging in the town of Estes Park. After June 11th, visit inspiredim.org/conferences/lodging-2025.

Event Location

The conference will be held at the WGR Ruesch Auditorium and the Assembly Hall at the YMCA of the Rockies (2515 Tunnel Road, Estes Park, Colorado 80511). Please check in for the conference at the Ruesch Auditorium between 3:00pm-6:00pm on July 11, 2025.

Travel

Allow for a 2-hour drive from Denver International Airport (DIA). Use E-470 to bypass Denver traffic. To book a shuttle from DIA to the YMCA of the Rockies, please visit www.estesparkshuttle.com.

Americans with Disabilities Act

InspiredIM Foundation intends to fully comply with the legal requirements of the Americans with Disabilities Act. If any registrant is in need of any special accommodation, please do not hesitate to submit a written request at least one month prior to the conference to Contact@inspiredim.org.

Conference Cancellation

All cancellation requests must be made in writing to Contact@inspiredim.org. Cancellations sent by June 9, 2025 will get full refunds minus a \$100 processing fee. No refunds will be made for requests sent after June 9, 2025. Paid registration may be transferred to your designated alternate attendee of the same registration type if written request is confirmed by June 30, 2025.

NONPROFIT ORG.
U.S. POSTAGE
PAID
DENVER, CO
PERMIT #331

AlterMed Research Foundation
1342 Jayhawk Drive, Suite 200
Fort Collins, Colorado 80524



InspiredIM

presents

Colorado Integrative Medicine Conference



Personalized Integrative, Functional, Lifestyle,
and Mind-Body Medicine for Aging Well

July 11-13, 2025
YMCA of the Rockies • Estes Park, Colorado



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Inspired IM Foundation and CME Outfitters, LLC. CME Outfitters LLC 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 (ACCME): CME Outfitters, LLC designates this live activity for a maximum of **17.0 AMA PRA Category 1 Credit(s)™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



PROGRAM OVERVIEW

Lynn (Stiff) Bellmore, MD and Michelle Flowers, MD

Course Directors, Colorado Integrative Medicine Conference, cIMc 2025

As the healthcare landscape evolves, chronic diseases, mental health disorders, autoimmune conditions, and cancer continue to impact millions. Nearly half of U.S. adults battle chronic illness, underscoring the urgency for transformative solutions. Integrative, functional, lifestyle, and mind-body medicine offer paradigms that prioritize personalized, whole-person care, address the underlying drivers of disease, and embrace the interconnectedness of mind, body, and spirit.



The 2025 Colorado Integrative Medicine Conference (cIMc) invites you to join a dynamic community of forward-thinking health professionals redefining patient care. Together, we'll explore strategies to enhance healthspan through evidence-based lifestyle interventions, including personalized nutrition, fasting, hydration, movement, mindfulness, sleep, bodywork, and the role of mindset, connection, community, and environmental influences in well-being.

Expert speakers will highlight advances in trauma-informed care, women's health, and integrative therapies for metabolic, vascular, brain, respiratory, skin, mind-body, and neuro-musculoskeletal health, emphasizing the essential role of gut-system connections in chronic disease. We'll explore nutritional psychiatry, psychedelics for mental health, immune resilience, holistic cancer survivorship, and cutting-edge tools like wearables and artificial intelligence—equipping you with tools to elevate your practice.

This conference delivers actionable, research-backed insights to transform clinical practice. Discover how integrative approaches can enhance resilience and improve well-being for both your patients and yourself.

Join us in Estes Park, Colorado, this July to connect, learn, and lead the charge toward a healthier future. Together, let's bridge the gap between conventional and integrative medicine, combining the best of both worlds to create a thriving, sustainable health-care model.

Yours in health,
Lynn (Stiff) Bellmore, MD and Michelle Flowers, MD

FACULTY

Keynote Speakers



Kenneth R. Pelletier, PhD, MD

Professor of Medicine / Psychiatry – University of California, San Francisco

- *Epigenetics of Longevity*



Lise Alschuler, ND, FABNO

Professor of Clinical Medicine – University of Arizona Center for Integrative Medicine

- *Cancer and Aging: Optimizing Post-Treatment Cancer Survivorship*
- *Integrative Strategies to Lower Risk of Breast Cancer & Its Recurrence*



Aimie Apigian, MD, MS, MPH

Double Board-Certified in Prevention and Addiction Medicine; Founder & CEO – Trauma Healing Accelerated

- *The Biology of Trauma and Chronic Stress: From Vagal Shutdown to Cellular Repair for Healthy Aging*
- *Somatic Trauma Practices For Functional Medicine*

Speakers

*Speakers and topics are subject to change

Lynn (Stiff) Bellmore, MD

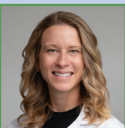
Board-Certified in Family, Lifestyle and Integrative Medicine; AWCIM Fellow; Registered Dietician

- *Facilitating Manual Therapy Panel for the Lower Back and Hip (Sciatica Pain)*

Nishi Bhopal, MD, ABPN

Board-Certified in Psychiatry, Sleep Medicine and Integrative Holistic Medicine – Pacific Integrative Psychiatry

- *Navigating Sleep Disorders*
- *A Personalized Blueprint for Restful Nights*



L. Bellmore



N. Bhopal



K. Burke



A. El-Sohehy



V. Ephraimson-Abt



M. Flowers



S. Kelly

Kristine Burke, MD, ABFM, ABOIM, IFMCP

Founder & Executive Medical Director – True Health Center for Precision Medicine

- *Reversing Brain Diseases: Brain Health Breakthroughs & the Vascular System*

Ahmed El-Sohehy, PhD

Professor at Dept of Nutritional Sciences and held a Canada Research Chair in Nutrigenomics – University of Toronto; Founder – Nutrigenomix

- *How to Use Genomics Testing in Practice*
- *Nutrigenomics: Genetic Testing for Personalized Nutrition*

FACULTY



S.C. Khalsa



A. Lichon



C. Magryta



J. Maskell



J. Mather



T. O'Bryan



S. Priester

Viviane Ephraimson-Abt, MS Ed, LPC

Manager of Well-Being Initiatives – Colorado State University and Mindful Insights, LLC

- *Mindful Care Workshop*

Michelle Flowers, MD

Board-Certified in Psychiatry and Neurology; Child, Adolescent and Adult Psychiatrist – Frank Psychiatry LTD

- *Gratitude for Challenging Times*
- *Connection (Forest Bathing and Social / Community Health)*

Sharon Kelly, BSc, ND, IFMCP

Board-Certified Naturopathic Doctor; Certified Functional Medicine Practitioner – Bayview Natural Health

- *Treatment of Mold*
- *Personalized Lifestyle Medicine Model*

Siri Chand Khalsa, MD, MS

Board-Certified in Internal Medicine, Integrative Medicine, Lifestyle Medicine; Trained in Ayurveda; Contributor of Andrew Weil Center for IM Physician Coach in Culinary Medicine

- *Culinary Workshop: The Reason to Season*
- *Mindful Hydration: Drawing from Ayurvedic Principles*

Amy Lichon, DO

Anesthesiologist; Hawaii Ironman Finisher

- *Buteyko Method for Clinicians: Restoring Breathing for Better Outcomes*

Chris Magryta, MD

Board-Certified Pediatrician; Integrative Medicine Fellowship Graduate – University of Arizona

- *Eczema*
- *Asthma: Upstream Etiologies and Downstream Therapies*
- *Growing Brain and Neurodiversity*

James Maskell

Degree in Health Economics; Co-Founded Functional Forum which became a part of Evolution of Medicine Platform, educating professionals on personalized healthcare; Dedicated to reversing chronic disease at scale; Featured by the World Health Organization, TEDMED, HuffPostLive and TEDx

- *Outcomes on How Functional Medicine Becomes Standard of Care*

Joe Mather, MD, MPH & TM

Board-Certified in Family Practice; Functional Medicine Physician

- *Psychiatric and Physical Approach to Mental Health*
- *Causes of Irritable Bowel Syndrome*

Tom O'Bryan, DC, CCN, DABCN, CIFM

Holds Faculty Positions with the Institute of Functional Medicine; Sought out speaker on Gluten's Impact on Health, and Autoimmunity; Founder – The Dr.com

- *Identifying the Prodromal Period of the Autoimmune Cascade*
- *The Gateway Allowing Slow Ongoing Brain Deterioration: How Food Selections Fuel or Arrest It*

FACULTY



J. Roelands



R. Rountree



S. Shannon



M. Snyder



A. Thompson



D. Tusek



L. Werner

Sandy Priester, MBA, CHPT, RMT

Certified Healing Touch Practitioner and Reiki Master; Co-Founder and Executive Director – LifeSpark Cancer Resources; Partners with hospitals and communities to offer cancer patients solace during their healing

- *Energy Medicine in Clinical Settings: Evidence, Standards, and Real-World Applications*

Jennifer Roelands, MD, ABOIM

Double Board-Certified in Integrative Medicine and Obstetrics and Gynecology; Founder – Precision Health MD

- *Personalized Women's Hormones Tool Kit*
- *Inflammaging – Improving Healthspan for Women as They Age with Precision Medicine*

Robert Rountree, MD

Core Faculty Member – Institute of Functional Medicine; Medical Director – Boulder Wellcare Inc.

- *Nutritional Immunology*
- *Mitochondrial Dysfunction and Ways to Address It*
- *Metabolic Dysfunction Associated Steatotic Liver Disease*

Scott Shannon, MD

Founder – Psychedelic Research and Training Institute; Site Principal Investigator and Therapist – Phase III Trial of MDMA assisted psychotherapy for PTSD; Founder – Wholeness Center; Pioneer of Integrative / Holistic Mental Health

- *Ketamine-Assisted Group Psychotherapy for Professional Burnout*
- *Psychedelics and the Power of the Mystical Experience*

Michael Snyder, PhD

Professor of Genetics – Stanford University; Pioneer scientist – Precision Medicine; Researcher with over 233,000 citations of >900 published papers; Initiated big data using -omics and wearables for early disease detection and at-home monitoring

- *Personalized Lifestyle & Nutrition Interventions Using Genomics & Wearables*
- *Continuous Health Monitoring & Early Disease Detection*

Arieana Thompson, PhD, CPQC

Leadership and Culture Advisor; Certified PQ Coach and Author; InspiredIM Board Member

- *The Power of Positive Psychology*

David Z. Tusek, MD

Board-Certified in Family Medicine; Past ER doctor; Founder and CEO – Cloud Medical Direct Primary Care (DPC); Was on the steering committee of the DPC coalition based in DC; Invited to the White House to discuss the future of American Medicine

- *Heart Attack Prevention for the Primary Care Practitioner: Paradigm Shifting Innovations in Prevention of the #1 Cause of Death in the U.S.*

Lori Werner

Founder – Medical Marketing Whiz; Sought out speaker by healthcare providers for patient growth and retention

- *Your Marketing Playbook: Step-by-Step Execution for Patient Growth in Integrative Medicine*