สมเด็จพระกนิษฐาธิราชเจ้า กรมสมเด็จพระเทพรัตนราชสุดาฯ สยามบรมราชกุมารี เสด็จพระราชดำเนินไปทรงเปิดการประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก 2026 ในหัวข้อ "พลังขององค์กรพันธมิตร" โดยมีสมาชิก 103 องค์กรพันธมิตรของสมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย เพื่อการแลกเปลี่ยนเรียนรู้ของแพทย์และบุคลากรทางสุขภาพไทย 130 คน ที่ผ่านการสอบประกาศนียบัตรของคณะกรรมการสากลเวชศาสตร์วิถีชีวิต ซึ่งมีกระบวนการประเมินความรู้และสมรรถนะที่เข้มข้น เสริมสร้างคุณภาพการดูแลผู้ป่วย และป้องกันโรค ณ โรงแรมเดอะ เบอร์เคลีย์ ประตูน้ำ เขตราชเทวี กรุงเทพฯ เมื่อวันจันทร์ที่ 2 มีนาคม 2569

2 March B.E. 2569 (2026)
Her Royal Highness Princess Maha Chakri Sirindhorn Presided over the Opening of the Lifestyle Medicine and Wellbeing World Congress 2026

On 2 March B.E. 2569 (2026), at 09.15 hrs., **Her Royal Highness Princess Maha Chakri Sirindhorn** graciously proceeded to **The Berkeley Hotel Pratunam**, where she presided over the opening of the **Lifestyle Medicine and Wellbeing World Congress 2026**, held under the theme **"The Power of Partnership."**

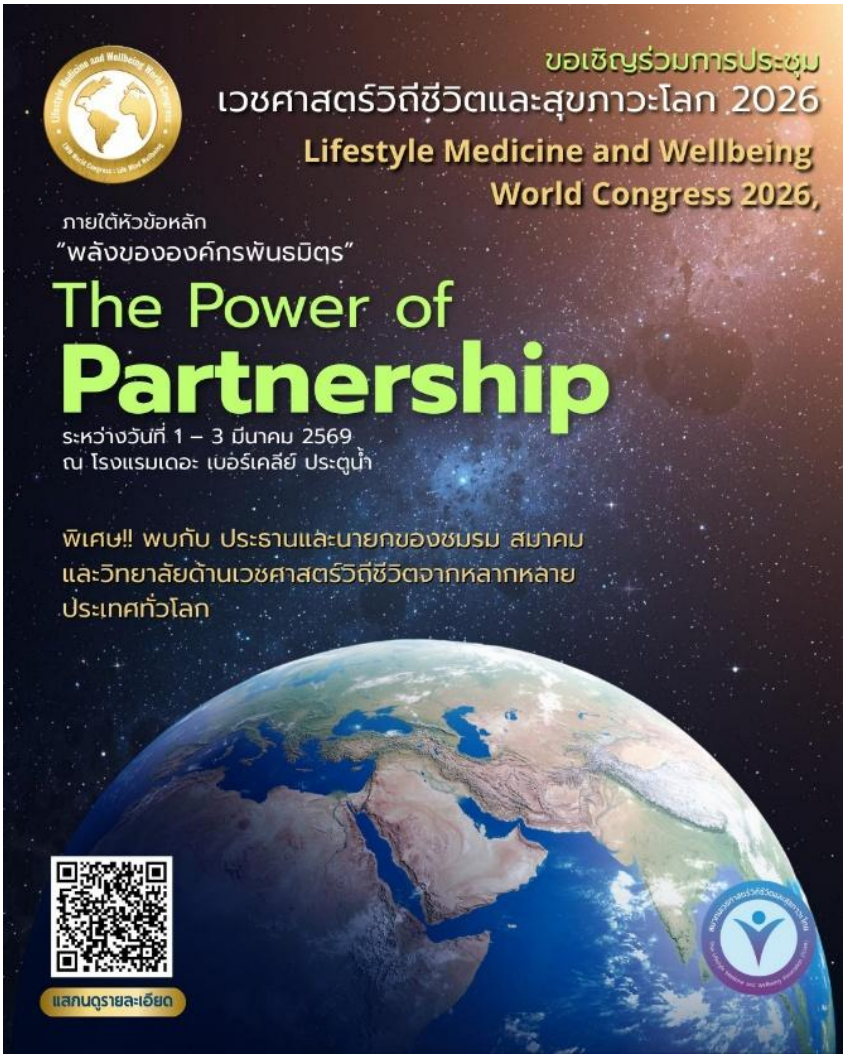
The congress was organized by the **Thai Lifestyle Medicine and Wellbeing Association (TLWA)** to promote the dissemination of knowledge, best practices, and innovation in lifestyle medicine among speakers and participants who are members of TLWA's partner organizations. As of **3 March B.E. 2569 (2026)**, the Association's network comprises **116 partner organizations, including TLWA itself**.

The congress is aligned with the principles of the **Doha Declaration**, which emerged from the global gathering of lifestyle medicine leaders in B.E. 2567 (2024), serving as an international framework to advance lifestyle medicine as a primary approach for addressing non-communicable diseases and improving the wellbeing of populations worldwide. The event also provided an important opportunity for knowledge exchange among **130 physicians and health professionals** who have passed the certification examination of the **International Board of Lifestyle Medicine**, a process that involves rigorous assessment of knowledge and competencies. The knowledge gained from this certification will further enhance the quality of patient care and disease prevention.

On this occasion, Her Royal Highness delivered an opening address stating that **non-communicable diseases are currently a major challenge affecting the quality of life of people around the world**. Promoting knowledge and understanding, together with appropriate lifestyle adjustments grounded in academic principles and evidence-based practice, represents an effective and sustainable approach to disease prevention and health promotion. Lifestyle medicine therefore plays an important role in medical treatment, disease prevention, and the long-term development of public health capacity. The gathering of partner organizations at this congress reflects the importance of collaboration across multiple sectors, including medicine, education, and society. Working together with mutual understanding and shared goals will enable knowledge to be translated into practical action and bring tangible benefits to the public.

Following the opening ceremony, Her Royal Highness viewed the Association's exhibition. The **Thai Lifestyle Medicine and Wellbeing Association**, established in B.E. 2566 (2023), aims to promote the professional practice of lifestyle medicine based on academic principles, support research and continuing education through collaboration with institutions both domestically and internationally, and disseminate knowledge to the public to encourage disease prevention through lifestyle modification grounded in scientific evidence and holistic care.

The Association collaborates with institutions in the **United States** and with lifestyle medicine organizations in **more than 30 countries worldwide**. The exhibition also featured international collaborations of the Association, including those with the **Kingdom of Bhutan**, the **Lao People's Democratic Republic**, and the **Oxford Mindfulness Foundation of the United Kingdom**. In addition, exhibitions highlighted collaboration between TLWA and international organizations, including the **United Nations Population Fund (UNFPA Thailand)**, as well as exhibitions by the **Thai Medical and Wellness Tourism Association**, the **Dietetic Association of Thailand**, and the **Thai Sleep Disorder Association**.



การประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก
Lifestyle Medicine and Wellbeing World Congress 2026
วันที่ 1 - 3 มีนาคม 2026 ที่ โรงแรมเดอะ เบอร์เคลีย์ ประตูน้ำ
พลังขององค์กรพันธมิตร
Lifestyle Medicine
LIFESTYLE MEDICINE
PRE-CONGRESS
วันที่ 1 มีนาคม 2026
Main Conference Room, Fl.11
Seminar Room 1, Fl.11
การบรรยายเป็น ภาษาไทย เป็นหลัก
พร้อมการแปลภาษาด้วยระบบ AI
นวัตกรรมล่าสุด!
แสกนดูรายละเอียด

การประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก
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Lifestyle Medicine
LIFESTYLE MEDICINE
Main Conference Room, Fl.11
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วันที่ 3 มีนาคม 2026
การบรรยายเป็น ภาษาไทย เป็นหลัก
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แสกนดูรายละเอียด

What is Lifestyle Medicine?

Non-communicable diseases (NCDs) are among the leading causes of death worldwide. In 2012, NCDs accounted for **38 million deaths (68%) of the global total of 56 million deaths**. More than **40% of these deaths (16 million people) occurred prematurely, before the age of 70**. Nearly **three-quarters of all NCD deaths (28 million)** and **82% of premature NCD deaths** occurred in low- and middle-income countries.
(Source: WHO Global Burden of NCDs, 2014)

The increasing prevalence of chronic diseases, together with rising healthcare costs, continues to pose a major global challenge. Diseases such as **type 2 diabetes** are expanding rapidly worldwide and impose substantial health and economic burdens.

In the United States, **more than 80% of healthcare spending is associated with diseases related to unhealthy lifestyle behaviors**, and similar trends are observed in many other countries. NCDs are among the most common and costly health problems, yet they are also **largely preventable**.

Dr. Margaret Chan, former Director-General of the World Health Organization, stated: "Today, the global community has the chance to change the course of the NCD epidemic. The world now has a truly global agenda for prevention and control of NCDs, with shared responsibilities for all countries based on concrete targets. This is a historic opportunity to tackle the NCD epidemic that no country can afford to miss."

Lifestyle Medicine focuses on preventing, treating, and in some cases reversing chronic diseases by addressing their root causes—unhealthy lifestyle behaviors. The field is built upon six key pillars:

1. A **whole-food, plant-predominant diet**
2. **Regular physical activity**
3. **Adequate restorative sleep**
4. **Effective stress management**
5. **Avoidance of harmful substances**
6. **Positive social connections and psychological wellbeing**

These principles provide a scientific and evidence-based framework for the prevention and management of non-communicable diseases.

Over the past decade, **Lifestyle Medicine has rapidly emerged as a global medical discipline**, with professional organizations, academic programs, and clinical practices developing across all continents. This growing movement aims to address the root causes of chronic diseases and promote sustainable health and wellbeing for populations worldwide.

Background to the Establishment of the Thai Lifestyle Medicine and Wellbeing Association (TLWA)

As countries around the world have shown interest in the science of behavior modification for long-term disease prevention and the treatment of patients with non-communicable chronic diseases caused by unhealthy lifestyles, a group of doctors who are interested in this field recognized the importance of creating an association of medical professionals and other relevant personnel to promote awareness of lifestyle medicine among the general public.

They also sought to collaborate with domestic and international institutions to advance knowledge in this field and support research to benefit Thai society and the global community.

This led to the establishment of **the Thai Lifestyle Medicine and Wellbeing Association (TLWA)** , with a name aligned with the interests of the founding physicians and focusing on the context of Thai people's lifestyles.

The objectives of the Association are as follows:

1. To **promote academic knowledge and the practice** of lifestyle medicine according to scientific principles.
2. To **promote research and study** in lifestyle medicine.
3. To **support continuing education** in lifestyle medicine through collaboration with other institutions both domestically and internationally.
4. To **encourage knowledge sharing and experience exchange** in lifestyle medicine among members and with other associations, both within the same field and across different disciplines, both domestically and internationally.
5. To **disseminate knowledge and promote disease prevention** through lifestyle medicine to the general public.
6. To **remain a non-political association**, with no involvement in gambling activities, either directly or indirectly.

Board of Directors of TLWA :

- Capt.(Ret.) Yongyuth Mayalarp, MD DipIBLM, President
- Assistant Professor Patana Teng-umnuay, MD PhD, Vice President
- Kobkullaya Chuengprasertsri, MD DipIBLM, Vice President and Treasurer
- Asst. Prof. Pansak Sukraroek, MD, Executive Board Director
- Assoc. Prof. Sarawut Thepanonda, PhD, Executive Board Director
- Smith Arayaskul, MD, Executive Board Director
- Assistant Professor Akkarach Bumrungpert, PhD, Executive Board Director
- Tanita Watprasong, PhD, Executive Board Director
- Watcharee Pinthong, Board Director and Association's Secretary

Advisors to the Association include:

- His Excellency Kinzang Dorji, Ambassador of Bhutan to Thailand
- Prof. Somsri Pausawasdi, MD, President of the Thai Medical Council
- Prof. Emeritus Kraisit Tantisiririn, MD PhD
- Prof. Surakiart Sathirathai, PhD
- Prof. Sathirakorn Pongpanich, PhD
- Meechai Viravaidya
- Prof. Prawit Janwantanakul, PhD
- Prof. Kamthorn Pruaksananonda, MD
- Assoc. Prof.Sujitra Leuangamornlert, PhD
- Prof. Siriorn Sinthu, PhD
- Tevan Thanirat, MD
- Anthony Jude Tan
- Atirat Jarukijpipat, PhD
- Danai Chanchaochai, PhD
- Nirut Sripawatakul, PhD
- Col.Apirat Sabthongkum, MD
- Dr. med. Prapa Wongphaet
- Associate Professor Pinich Kullawanich, MD
- Assoc. Prof. Tassana Boonthong, PhD
- Prof. Emeritus Sujira Khojitmate, PhD
- Prof. Kriengsak Charoenwongsak, PhD
- Assoc. Prof. Rewadee Jongsuwat, PhD
- Prof. Pornanong Aramwit, PhD
- Assoc. Prof. Chanida Pachotikarn, PhD
- Supawan Teerarat, PhD
- Att Thongtang
- Anantasak Aphairat, MD
- Asst.Prof.Mart Maiprasert , MD
- Thouantosaporn Suwanjutha, MD
- Charlotte Donavanik

Collaboration with Other Organizations

To achieve these objectives, the association recognizes that collaboration with relevant organizations involved in lifestyle medicine and wellbeing across various dimensions will help ensure that the promotion of lifestyle medicine by medical professionals and the public is successful and sustainable. Therefore, TLWA has signed a memorandum of understanding (MOU) for academic cooperation and public relations with various relevant agencies. The purpose of this collaboration is to:

1. Foster academic cooperation in research and development on issues related to lifestyle medicine to enhance knowledge for both Thai and global society.
2. Promote skill development and knowledge of lifestyle medicine among organizational members, facilitating the integration of this knowledge into daily life and patient care.
3. Support the dissemination of lifestyle medicine knowledge to government, private sector personnel, and the public, both domestically and internationally, to encourage the application of this knowledge in daily life and professional activities.

TLWA Expands National Partnership Network to 115 Organizations to Advance Lifestyle Medicine in Thailand

Press Release

Bangkok, Thailand — **3 March 2026** — The Thai Lifestyle Medicine and Wellbeing Association (TLWA) today announced **the signing of its fifth Memorandum of Understanding (MOU) with 12 new partner organizations, expanding its nationwide collaboration network to 115 institutions.**

The initiative aims to strengthen cooperation in promoting Lifestyle Medicine as a practical approach to improving population health and addressing the growing burden of non-communicable diseases (NCDs) in Thailand.

The signing ceremony was **presided over by Professor Dr. Somsri Paosawasdi, President of the Medical Council of Thailand and Senior Advisor to TLWA.**

The event was held as part of the Lifestyle Medicine and Wellbeing World Congress 2026, organized by TLWA in collaboration with national and international partners. **The congress received the gracious royal presence of Her Royal Highness Princess Maha Chakri Sirindhorn, who presided over the opening ceremony on 2 March 2026 at The Berkeley Hotel Pratunam, Bangkok.**

The First Signing Ceremony of the Memorandum of Understanding for Academic Collaboration Regarding the Dissemination of Knowledge and Promotion of Lifestyle Medicine in Daily Life and Professional Practices for Healthcare Personnel and the Public with 49 Partner Organizations, on July 8, 2024

List of 21 Organizations/Agencies that Signed the Memorandum of Understanding (MOU) on Academic Collaboration on Promoting Knowledge and the Use of Lifestyle Medicine in Life and Professional Practices for Healthcare Personnel and the Public, on July 8, 2024:

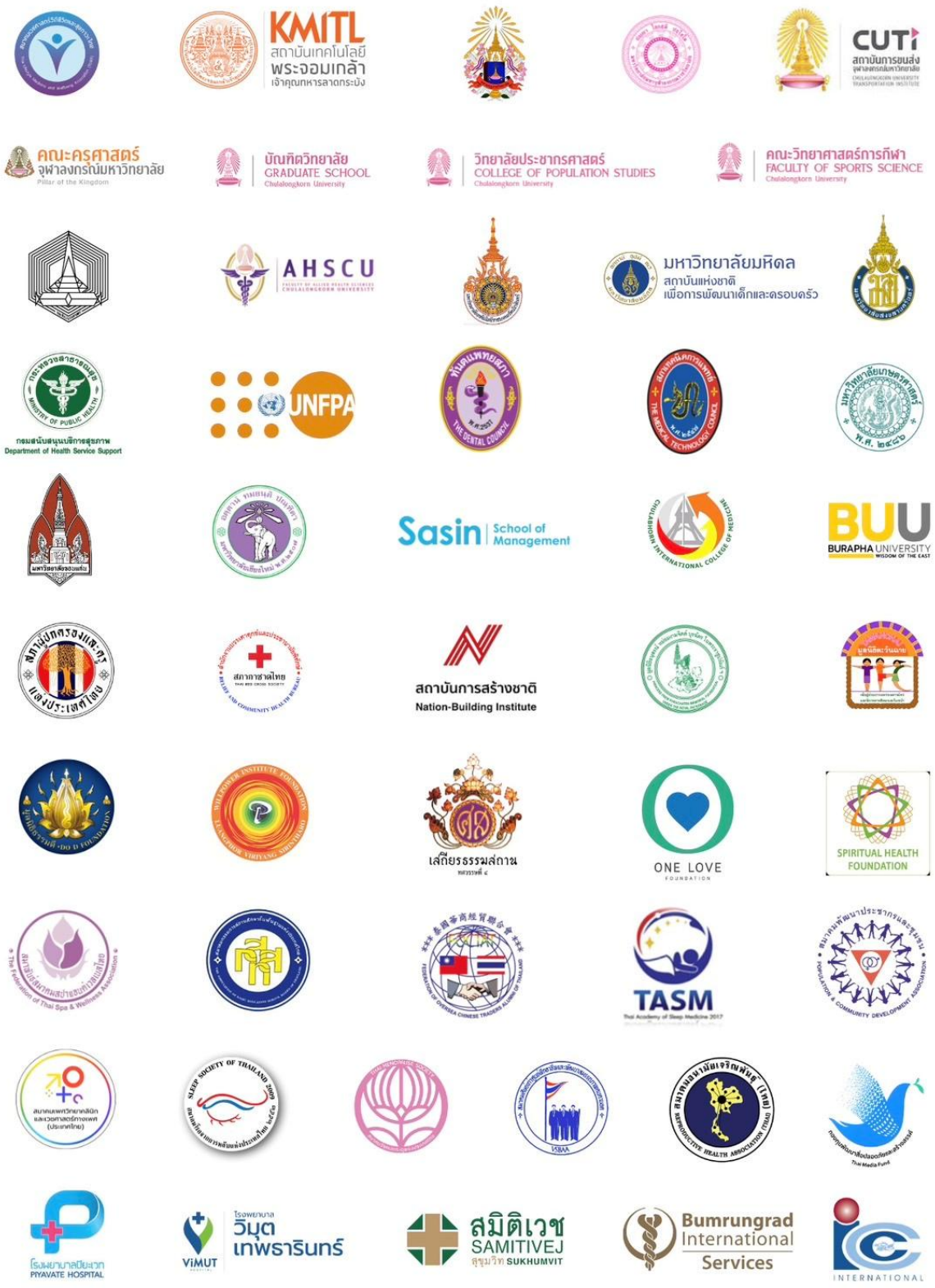
1. The Nursing and Midwifery Council of Thailand
2. The Physical Therapy Council of Thailand
3. The Food Institute Foundation for the Food Industry Development
4. Srinakharinwirot University
5. Dhurakij Pundit University
6. Krirk University
7. Faculty of Public Health, Mahidol University
8. College of Sports Science and Technology, Mahidol University
9. Faculty of Pharmaceutical Sciences, Chulalongkorn University
10. Faculty of Medicine, Chiang Mai University
11. Chulalongkorn University Health Service Centre
12. Thai Integrative Medicine Association
13. The Nutrition Association of Thailand under the Royal Patronage
14. The Dietitians Association of Thailand
15. The Sports Medicine Association of Thailand
16. The Nursing Association of Thailand under the Royal Patronage
17. The Thai Medical and Wellness Tourism Association (TMWTA)
18. The Psychiatrist Association of Thailand
19. Phyathai and Paolo Groups of Hospitals
20. Health Education Academics Thailand (HEAT)
21. ArokaGO: Medical and Wellness Tourism Platform

วันที่ ๙ กรกฎาคม ๒๕๖๗

เรื่อง การเผยแพร่ความรู้และส่งเสริมการใช้เวชศาสตร์วิถีชีวิต
ในการดำเนินชีวิตและการประกอบวิชาชีพของบุคลากรและประชาชน

วันที่ ๙ กรกฎาคม ๒๕๖๗

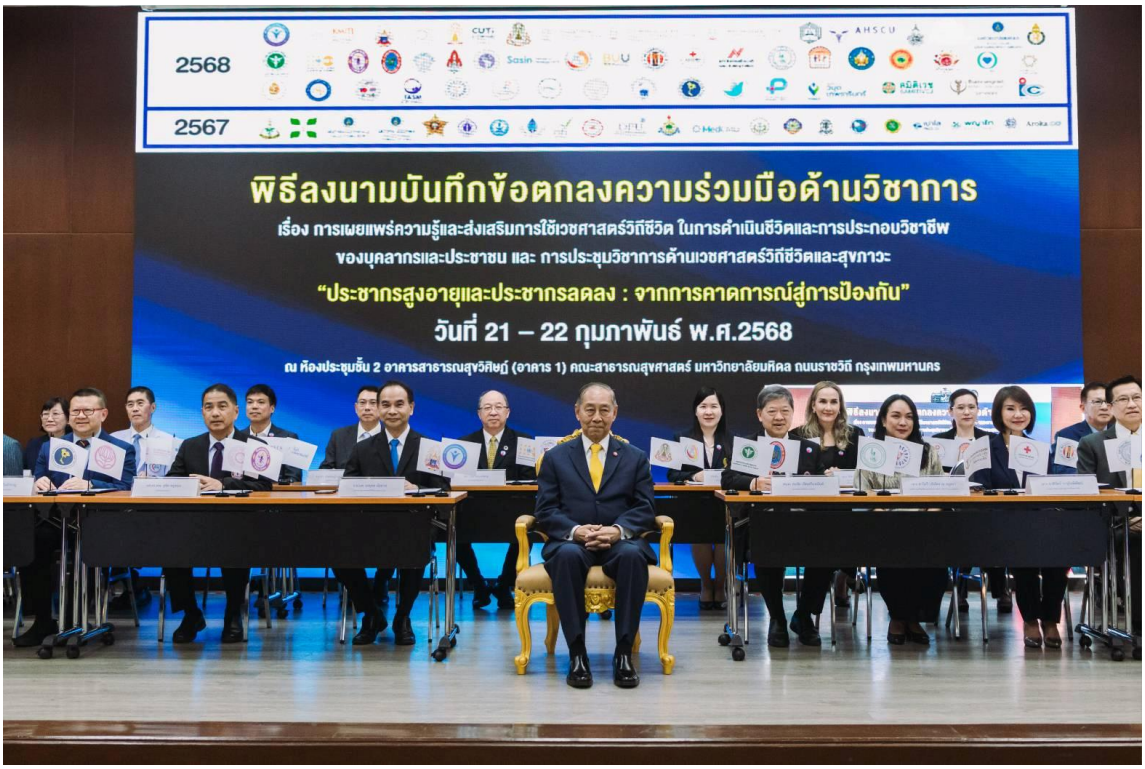
The Second Signing Ceremony of the Memorandum of Understanding for Academic Collaboration Regarding the Dissemination of Knowledge and Promotion of Lifestyle Medicine in Daily Life and Professional Practices for Healthcare Personnel and the Public with 49 Partner Organizations, on February 21, 2025



List of 49 Organizations/Agencies that Signed the Memorandum of Understanding (MOU) on Academic Collaboration on Promoting Knowledge and the Use of Lifestyle Medicine in Life and Professional Practices for Healthcare Personnel and the Public, on February 22, 2025:

1. Department of Health Service Support, Ministry of Public Health
2. United Nations Population Fund Thailand
3. The Dental Council of Thailand
4. The Medical Technology Council of Thailand
5. The Congress of Parents and Teachers of Thailand
6. Relief and Community Health Bureau, the Thai Red Cross Society
7. Kasetsart University
8. Khon Kaen University
9. Chiang Mai University
10. Rajamangala University of Technology Rattanakosin
11. Prince of Songkla University
12. King Mongkut's Institute of Technology Ladkrabang
13. Meditation Studies Institute of the Supreme Patriarch (Ambara Mahathera), Mahamakut Buddhist University
14. Buddhist Research Institute, Mahachulalongkornrajavidyalaya University
15. Transportation Institute, Chulalongkorn University
16. Faculty of Education, Chulalongkorn University
17. Sasin Graduate Institute of Business Administration, Chulalongkorn University
18. Graduate School, Chulalongkorn University
19. College of Population Studies, Chulalongkorn University
20. Faculty of Sports Science, Chulalongkorn University
21. Faculty of Fine and Applied Arts, Chulalongkorn University
22. Faculty of Allied Health Sciences, Chulalongkorn University
23. Chulabhorn International College of Medicine, Thammasat University
24. Faculty of Applied Health Sciences, Burapha University
25. National Institute for Child and Family Development, Mahidol University.
26. Nation-Building Institute
27. The Princess Prem (Ngarmchit) Purachatra Memorial Foundation, under Royal Patronage
28. Tawanchai Foundation for Cleft Lip, Cleft Palate and Craniofacial Deformities
29. Do D Foundation
30. Willpower Institute Foundation
31. Sathira-Dhammasathan Foundation
32. One Love Foundation
33. Spiritual Health Foundation
34. The Federation of Thai Spa and Wellness Association
35. The Association of Basic Education School Board of Thailand

36. Federation of Oversea Chinese Traders Alumni of Thailand
37. Thai Academy of Sleep Medicine
38. Population and Community Development Association
39. Thai Association for Clinical Sexology and Sexual Medicine
40. Sleep Society of Thailand
41. Thai Menopause Society
42. Vocational Skill for the Blind Alumni Association
43. Reproductive Health Association (Thai)
44. Thai Media Fund
45. BPK Hospital Group
46. Vimut-Theptarin Hospital
47. Samitivej Hospitals and BNH Hospital Group
48. Bumrungrad Services Co.,Ltd.
49. ICC International PLC.



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พิธีลงนามบันทึกข้อตกลงความร่วมมือด้านวิชาการ
"ประชากรสูงอายุและประชากรลดลง : จากการคาดการณ์สู่การป้องกัน"
วันที่ 21 – 22 กุมภาพันธ์ พ.ศ.2568

พิธีลงนามบันทึกข้อตกลงความร่วม
"ประชากรสูงอายุและประชากรลดลง : จากการคาดก
วันที่ 21 – 22 กุมภาพันธ์ พ.ศ.25

วันที่ 21
ณ ห้องประชุมชั้น 2 อาคารสาธารณสุขวิศิษฏ์

The Third Signing Ceremony of the Memorandum of Understanding for Academic Collaboration Regarding the Dissemination of Knowledge and Promotion of Lifestyle Medicine in Daily Life and Professional Practices for Healthcare Personnel and the Public with 6 Partner Organizations, on June 6, 2025

List of 6 Organizations/Agencies that Signed the Memorandum of Understanding (MOU) on Academic Collaboration on Promoting Knowledge and the Use of Lifestyle Medicine in Life and Professional Practices for Healthcare Personnel and the Public, on June 6, 2025 at the Phibun Chaianan Meeting Room, 11th Floor, Faculty of Veterinary Technology and Animal Nursing Building, Faculty of Veterinary Technology, Kasetsart University.

1. Oxford Mindfulness
2. Urban Design and Development Center (UDDC)
3. Thai Health Promotion Association
4. Green Standard Co., Ltd.
5. The Great Foresight The Global Leader (GFGL)
6. Institute for Family Care and Wellbeing in the Industrial Sector

The Fourth Signing Ceremony of the Memorandum of Understanding for Academic Collaboration Regarding the Dissemination of Knowledge and Promotion of Lifestyle Medicine in Daily Life and Professional Practices for Healthcare Personnel and the Public with 27 Partner Organizations, on October 17, 2025

List of 27 Organizations/Agencies that Signed the Memorandum of Understanding (MOU) on Academic Collaboration on Promoting Knowledge and the Use of Lifestyle Medicine in Life and Professional Practices for Healthcare Personnel and the Public, on October 17, 2025

at the Grand Diamond Conference Room, Avani Hotel Ratchada, Bangkok

1. Department of Thai Traditional and Alternative Medicine
2. Thai Health Promotion Foundation (ThaiHealth)
3. Naresuan University
4. Faculty of Medicine, Chulalongkorn University
5. Faculty of Pharmaceutical Sciences, Burapha University
6. Siam University
7. Synphaet Co., Ltd.
8. Foundation for Women's Health and Reproductive Rights (Thailand)
9. Thai Association for Suicide Prevention
10. The National Council on Aging of Thailand under the Royal Patronage of Her Royal Highness Princess Srinagarindra
11. Lions Club Chiang Mai Centennial
12. Thai Culinary Medicine Institute
13. Prasanmit School, Pathum Thani
14. Daisy Ray Montessori Skill Development School
15. Factory School – Kid Dai Karn Chang Co., Ltd.
16. Asian Phytoceuticals Public Company Limited
17. Thai Celfix Co., Ltd.
18. Mod Gut Co., Ltd.
19. Max Max Life Co., Ltd.
20. WinCell Research Co., Ltd.
21. Vigor Co., Ltd.
22. GNR Innovation Tech Co., Ltd.
23. Invitrace Co., Ltd.
24. AG BioMed Co., Ltd.
25. AJT Wellity Asia Co., Ltd.
26. NEC Corporation (Thailand) Ltd.
27. Shae Group and Precision Health Alliance

LIFESTYLE MEDICINE
TLWA
"Sustainable and Prosocial Lifestyle"
LMW2025
17th-19th October 2025

The Fifth Signing Ceremony of the Memorandum of Understanding for Academic Collaboration Regarding the Dissemination of Knowledge and Promotion of Lifestyle Medicine in Daily Life and Professional Practices for Healthcare Personnel and the Public with 12 Partner Organizations, on March 3, 2026.

List of 27 Organizations/Agencies that Signed the Memorandum of Understanding (MOU) on Academic Collaboration on Promoting Knowledge and the Use of Lifestyle Medicine in Life and Professional Practices for Healthcare Personnel and the Public, on October 17, 2025
at the Mayfair Ballroom, The Berkeley Hotel Pratunam, Bangkok.

1. The Pharmacy Council of Thailand
2. Royal Thai College of Obstetricians and Gynaecologists
3. Royal College of Ophthalmologists of Thailand
4. International Institute for Trade and Development (ITD)
5. Pibulsongkram Rajabhat University
6. Faculty of Public Health, Burapha University
7. Sports Science Association of Thailand
8. Cancer Network Foundation
9. Genfosis Co., Ltd.
10. International Wellness and Healthcare Academy (IWHA), by Thai Health Development Co., Ltd.
11. National Healthcare Systems Co., Ltd.
12. Wisdom Wellness Center Co., Ltd.

LIFESTYLE MEDICINE AND WELLBEING
WORLD CONGRESS 2026
MARCH 1-3, 2026 | THE BERKELEY HOTEL PRATUNAM, BANGKOK, THAILAND
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LIFESTYLE MEDICINE AND WELLBEING
WORLD CONGRESS 2026
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Health
IWH
WMC

List of Sister Organizations in

the Lifestyle Medicine Global Alliance Network:

Press Release

TLWA Expands National Partnership Network to 115 Organizations to Advance Lifestyle Medicine in Thailand

Bangkok, Thailand — 3 March 2026 — The Thai Lifestyle Medicine and Wellbeing Association (TLWA) today announced the signing of its **fifth Memorandum of Understanding (MOU)** with **12 new partner organizations**, expanding its nationwide collaboration network to **115 institutions**. The initiative aims to strengthen cooperation in promoting **Lifestyle Medicine** as a practical approach to improving population health and addressing the growing burden of **non-communicable diseases (NCDs)** in Thailand.

The signing ceremony was presided over by **Professor Dr. Somsri Paosawasdi, President of the Medical Council of Thailand and Senior Advisor to TLWA**.

The event was held as part of the **Lifestyle Medicine and Wellbeing World Congress 2026**, organized by TLWA in collaboration with national and international partners. The congress received the gracious royal presence of **Her Royal Highness Princess Maha Chakri Sirindhorn**, who presided over the opening ceremony on **2 March 2026** at **The Berkeley Hotel Pratunam, Bangkok**.

Lifestyle Medicine: Science for Prevention

Lifestyle Medicine focuses on preventing and managing chronic diseases through evidence-based lifestyle interventions. Its six core pillars include:

- Whole-food, plant-predominant nutrition
- Regular physical activity
- Adequate restorative sleep
- Effective stress management
- Avoidance of harmful substances
- Positive social connection and mental wellbeing

These principles provide a foundation for addressing major NCDs such as diabetes, hypertension, obesity, and cardiovascular disease.

Growing Collaboration for Healthier Societies

TLWA has steadily expanded its partnerships across academia, professional bodies, the private sector, and civil society. Previous MOU collaborations include:

- **MOU No. 1 (July 2024)** — 21 organizations
- **MOU No. 2 (February 2025)** — 49 organizations
- **MOU No. 3 (June 2025)** — 6 organizations
- **MOU No. 4 (October 2025)** — 27 organizations
- **MOU No. 5 (March 2026)** — 12 organizations

The association also collaborates internationally with networks such as the **Lifestyle Medicine Global Alliance** and the **International Board of Lifestyle Medicine**, connecting experts from **over 30 countries**.

TLWA has been cooperating with **the United Nations Population Fund (UNFPA) Thailand** to promote adolescent sexual and reproductive health through the Comprehensive Sexuality Education (CSE) programme for young people, while also working closely with **the Oxford Mindfulness Foundation** to integrate mindfulness-based approaches into lifestyle medicine education and wellbeing initiatives.

Responding to Thailand's Ageing Society

Thailand is entering a **fully aged society**, while facing declining birth rates and increasing rates of chronic diseases. TLWA aims to integrate medical science, behavioral psychology, and community engagement to promote sustainable health practices and strengthen preventive health strategies nationwide.

Statement from TLWA President

Captain Dr. Yongyuth Mayalarp, President of the Thai Lifestyle Medicine and Wellbeing Association, said:

"The expansion of our partnership network reflects a shared commitment to building a culture of health across all sectors of society. Through collaboration, we can create a healthier and more sustainable future for people of all generations."

Media Contact

Thai Lifestyle Medicine and Wellbeing Association (TLWA)
Email: infor@tlwa.or.th Line : @980winmq
Tel: 093-584-0840 , 080-989-7415

Lifestyle Medicine and Wellbeing International Conference Bangkok

(LMW Bangkok 2024)

Mindfulness and Lifestyle Medicine for Leadership

6–8 June 2025 at Phibul Chaiyanan Conference Room, 11th Floor Building of Veterinary Technology and Animal Nursing Faculty of Veterinary Technology, Kasetsart University

Joint TLWA-TMWTA Workshop Program 16–17 August 2025

"Lifestyle Medicine in Practice: Practical Training for Health, Wellness and Hospitality Providers"

A Practical Workshop on Lifestyle Medicine for Enhancing Health Tourism Services

Program Objective

To elevate the standards of **Wellness & Spa** businesses by integrating the principles of **Lifestyle Medicine**, supporting the sustainable growth of **Medical and Wellness Tourism** in Thailand.

Aims and Goals

- To enhance the competency of personnel and service providers in the health and wellness sector.
- To strengthen understanding of Lifestyle Medicine for long-term wellbeing and sustainable health promotion.
- To build professional capacity in providing personalized guidance and care for health-oriented tourists.

Training Content

Participants will learn from experts in **Lifestyle Medicine, Wellness, Nutrition, Spa Management**, and **Hospitality**, gaining practical insights and tools that can be applied directly within their organizations to improve service quality.

Venue and Date

16–17 August 2025
Avani Ratchada Bangkok Hotel

Organized by

Thai Medical and Wellness Tourism Association (TMWTA)
in collaboration with
Thai Lifestyle Medicine and Wellbeing Association (TLWA)

ดร.พญ.ประภา วงศ์แพทย์
นายกสมาคมการท่องเที่ยวเชิงการแพทย์และสุขภาพไทย (TMWTA)
ร.อ.นพ.ยงยุทธ มัยลาภ
นายกสมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย (TLWA)
LIFESTYLE MEDICINE IN PRACTICE
PRACTICAL TRAINING FOR HEALTH, WELLNESS AND HOSPITALITY PROVIDERS
เวชศาสตร์วิถีชีวิตเชิงปฏิบัติการ
ยกระดับบริการเพื่อรองรับนักท่องเที่ยวเชิงสุขภาพ
ผศ.ดร.เอกราช บำรุงพืชน์
ผศ.ดร.อารีกุล อมรศรีวัฒนกุล
ดร.พลเลิศ พวงสอน
ดร.ธนิตา วาสประสงค์
คุณชนิญร์นัสท์ อินทุลักษณ์
รศ.ดร.สุรินธร กลัมพากร
16-17 สิงหาคม 2568
Avani Ratchada Bangkok
การอบรมครั้งนี้ จะช่วยให้ผู้ประกอบการ
พัฒนาศักยภาพของบุคลากรและสถานบริการ
สร้างความแตกต่างและมูลค่าเพิ่มในการให้บริการ
สร้างความประทับใจที่ยั่งยืนแก่ลูกค้าและนักท่องเที่ยว
THAI MEDICAL AND WELLNESS TOURISM ASSOCIATION
สมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย
Thai Lifestyle Medicine and Wellbeing Association (TLWA)
สมัครได้แล้ววันนี้
7,500 บาท
พิเศษส่วนลด 10% สำหรับสมาชิกสมาคม TMWTA หรือ TLWA หรือสมาชิกองค์กรพันธมิตรของสมาคม TMWTA หรือ TLWA
เหลือ 6,750 บาท
GROUP TICKET สำหรับ 3 ท่าน ที่เป็นสมาชิกของสมาคม TMWTA หรือ TLWA หรือสมาชิกองค์กรพันธมิตรของสมาคม TMWTA หรือ TLWA ลด 15% จากราคาเต็ม
เหลือท่านละ 6,375 บาท

NBT Has the Answer

Topic: Lifestyle Medicine and Exercise During High PM 2.5 Levels

Broadcast Date: February 4, 2025

Time: 3:30 PM – 4:00 PM

Broadcast Channel: National Broadcasting TV Channel 2: NBT2HD and Facebook Page: NBT

Dhammasawasdee Live

A Beautiful World Through Dhamma – Ep. 2: 'Let Life Flow with Love'

Broadcast Date: Sunday, February 9, 2025

Time: 9:00 AM

Broadcast Platforms: www.facebook.com/sdsface and YouTube / Sathira Dhammasathan SDS Channel

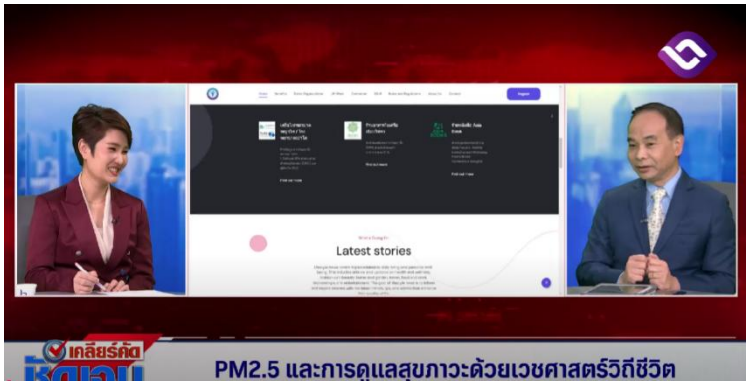
Clear and Concise

Topic: PM 2.5 and Health Management through Lifestyle Medicine

Broadcast Date: February 17, 2025

Time: 2:30 PM – 3:00 PM

Broadcast Platforms: National Broadcasting TV Channel 2: NBT2HD / Facebook Page: NBT – เอ็นบีที / YouTube: NBT



Clear and Concise

Topic: International Day of Happiness

Broadcast Date: Thursday, March 20, 2025

Time: 2:30 PM – 3:00 PM

Broadcast Platforms: National Broadcasting TV Channel 2: NBT2HD / Facebook Page: NBT – เอ็นบีที / YouTube: NBT

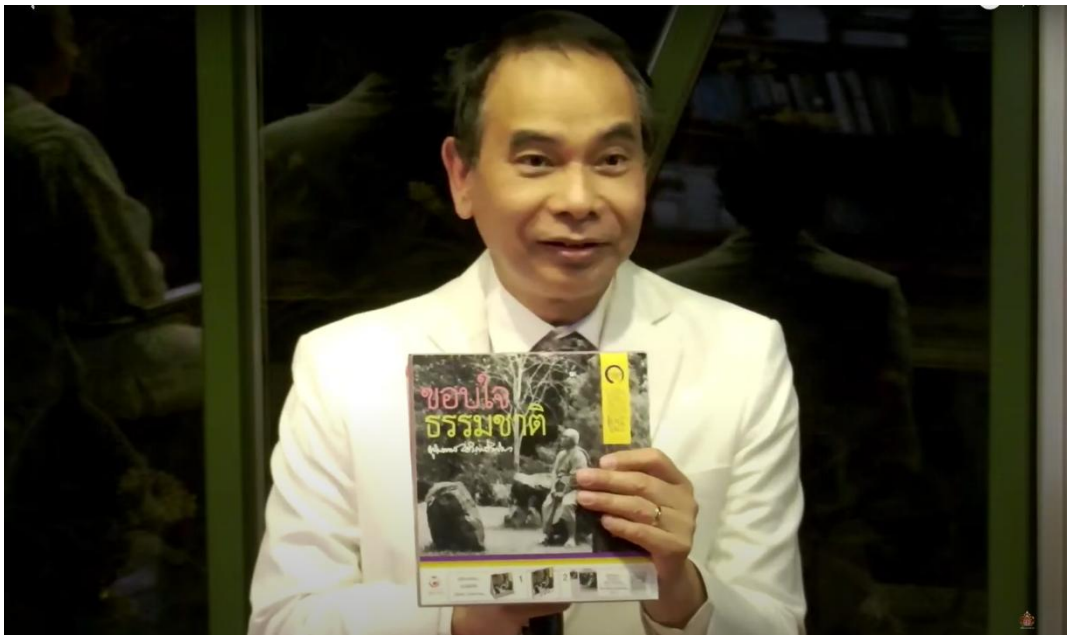
Special Talk

International Day of Happiness – In the Context of Thai People

Broadcast Date: Thursday, March 20, 2025

Time: 7:00 PM – 8:30 PM

Broadcast Platforms: www.facebook.com/sdsface and YouTube / Sathira Dhammasathan SDS Channel



Clear and Concise

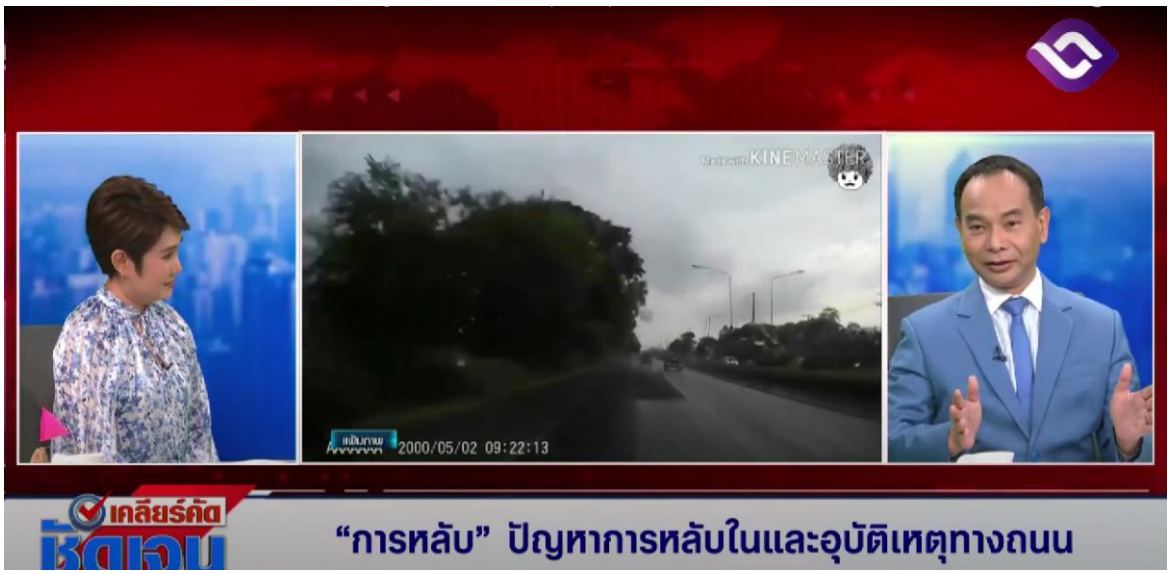
Topic: *"Sleep"* – Drowsy Driving and Road Accidents

Broadcast Date: April 15, 2025

Time: 2:30 PM – 3:00 PM

Broadcast Platforms: National Broadcasting Channel 2: NBT2HD / Facebook Page: NBT /

YouTube: NBT



Clear and Concise

Topic: "Lifestyle Medicine Week: 18–24 May 2025"

Broadcast Date: **May 12, 2025**

Time: 2:30 PM – 3:00 PM

Broadcast Platforms: National Broadcasting Channel 2: NBT2HD / Facebook Page: NBT /

YouTube: NBT

"Lifestyle Behaviors and Their Impact on Disease"

Broadcast Date: May 24, 2025

Broadcast Platform: YouTube: *manoonthum*

"Lifestyle Behaviors and Their Impact on Disease"

Broadcast Date: May 25, 2025

Broadcast Platform: YouTube: *manoonthum*

Clear and Concise

Topic: "Mindfulness and Lifestyle Medicine for Leadership"

Broadcast Date : June 5, 2025

Time: 2:30 PM – 3:00 PM

Broadcast Platforms: National Broadcasting Channel 2: NBT2HD / Facebook Page: NBT /

YouTube: NBT

Clear and Concise

Topic: "Wellbeing in Longevity Zones – Blue Zone Wellness"

Broadcast Date: July 14, 2025

Time: 2:30 PM – 3:00 PM

Broadcast Platforms: National Broadcasting Channel 2: NBT2HD / Facebook Page: NBT / YouTube: NBT

Clear and Concise

Topic: "Wellbeing in Longevity Zones – Blue Zone Wellness"

Broadcast Date: August 6, 2025

Time: 2:30 PM – 3:00 PM

Broadcast Platforms: National Broadcasting Channel 2: NBT2HD / Facebook Page: NBT / YouTube: NBT

Clear and Concise

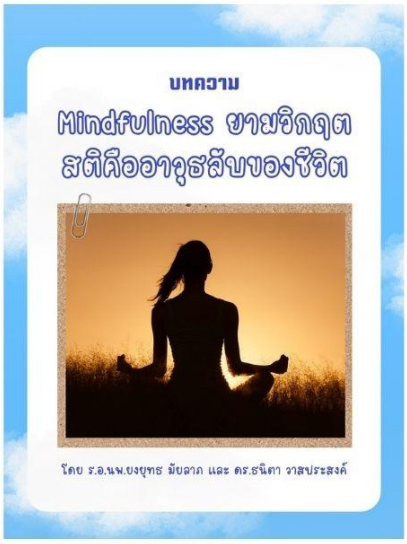
Topic: "Youth Empowerment for Sexual and Reproductive Health Rights"

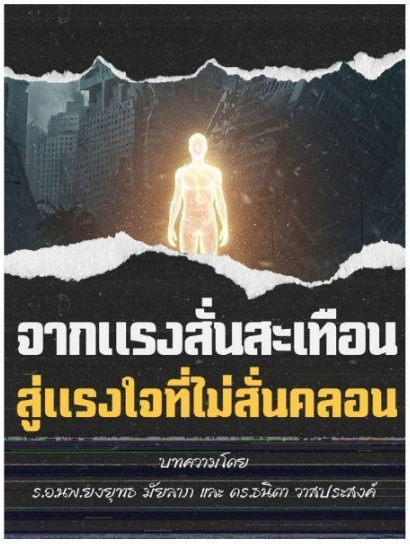
Broadcast Date: September 1, 2025

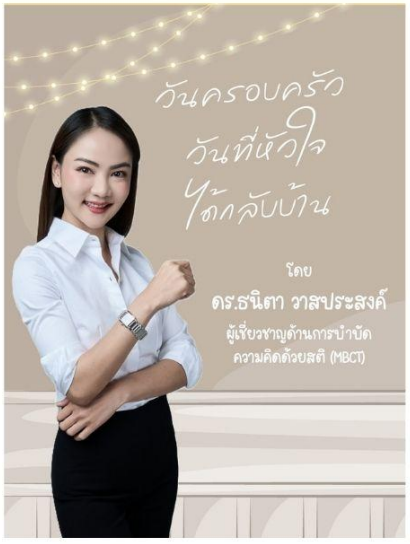
Time: 2:30 PM – 3:00 PM

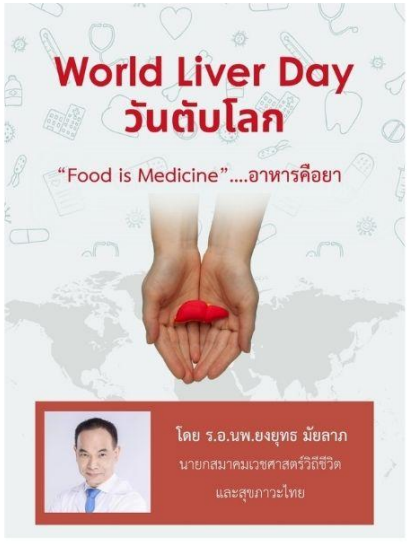
Broadcast Platforms: National Broadcasting Channel 2: NBT2HD / Facebook Page: NBT / YouTube: NBT

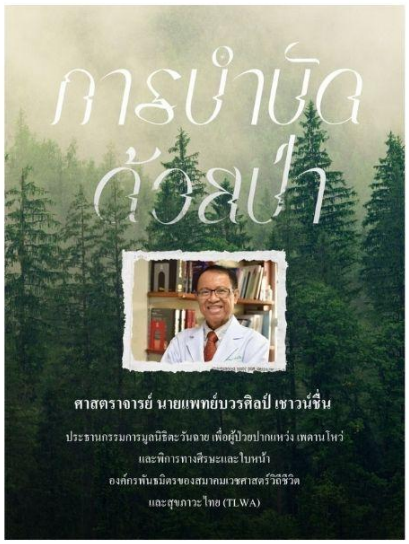
An article by Capt. (Ret.) Dr. Yongyuth Mayalarp and collaborators.





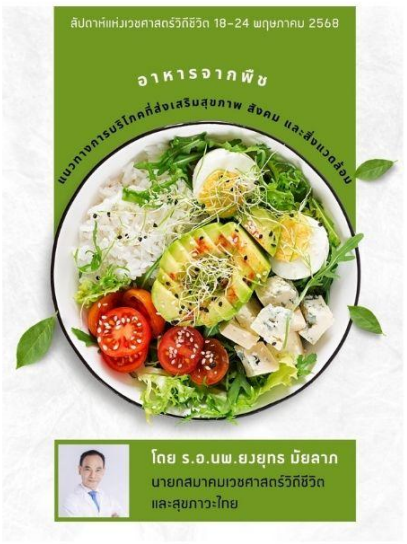






สัตว์เลี้ยงบำบัด
Pet therapy
อ.ดร.น.สพ.ปรารมภ์ ศรีภวัตราคม

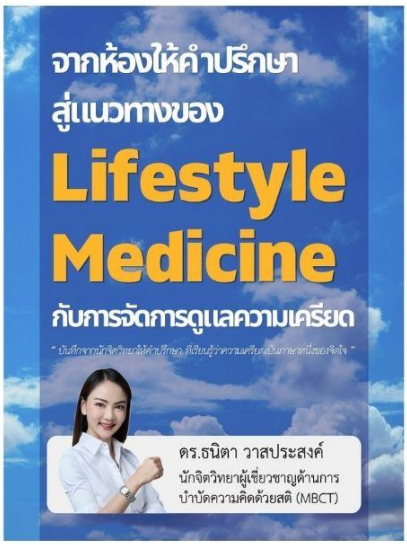
THAI LIFESTYLE MEDICINE AND WELLBEING ASSOCIATION
สัปดาห์แห่งเวชศาสตร์วิถีชีวิต 18-24 พฤษภาคม 2568
เวชศาสตร์วิถีชีวิต
กับการส่งเสริมสุขภาวะ
เพื่อความยั่งยืนของสังคม
โดย ร.อ.นพ.ยงยุทธ มัยลาภ
นายกสมาคมเวชศาสตร์วิถีชีวิต
และสุขภาวะไทย
LM WEEK - TLWA


สัปดาห์แห่งเวชศาสตร์วิถีชีวิต 18-24 พฤษภาคม 2568
อาหารจากพืช
โดย ร.อ.นพ.ยงยุทธ มัยลาภ
นายกสมาคมเวชศาสตร์วิถีชีวิต
และสุขภาวะไทย

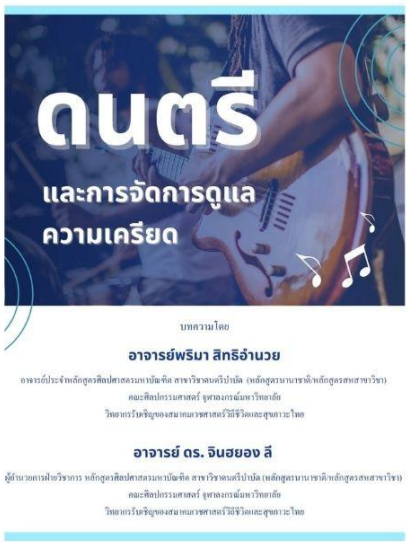
สัปดาห์แห่งเวชศาสตร์วิถีชีวิต 18-24 พฤษภาคม 2568
เริ่มต้น
ออกกำลังกาย
อย่างปลอดภัย
เข้าใจระดับความหนัก
และการเต้นของหัวใจของคุณ
โดย ร.อ.นพ.ยงยุทธ มัยลาภ
นายกสมาคมเวชศาสตร์วิถีชีวิต
และสุขภาวะไทย

สัปดาห์แห่งเวชศาสตร์วิถีชีวิต 18-24 พฤษภาคม 2568
การนอนหลับ
กุญแจสำคัญสู่สุขภาพที่สมบูรณ์
และคุณภาพชีวิตที่ดี
โดย ร.อ.นพ.ยงยุทธมัยลาภ
นายกสมาคมเวชศาสตร์วิถีชีวิต
และสุขภาวะไทย

สัปดาห์แห่งเวชศาสตร์วิถีชีวิต 18-24 พฤษภาคม 2568
ไม่มี
ระดับการดื่มแอลกอฮอล์ใด
ที่ปลอดภัย
– WHO เตือนภัยเงียบจากหยดแรก
โดย ร.อ.นพ.ยงยุทธ มัยลาภ
นายกสมาคมเวชศาสตร์วิถีชีวิต
และสุขภาวะไทย


จากห้องให้คำปรึกษา
สู่แนวทางของ
Lifestyle
Medicine
กับการจัดการดูแลความเครียด
ดร.ธนิตา วาสประสงค์
นักจิตวิทยาผู้เชี่ยวชาญด้านการ
บำบัดความคิดด้วยสติ (MBCT)

การเลิกใช้
สารเสพติด
จุดเริ่มต้นของการ
เปลี่ยนแปลงสู่ชีวิตที่ดีขึ้น


ดนตรี
และการจัดการดูแล
ความเครียด
อาจารย์พริมา สิทธิอำนวย
อาจารย์ ดร. จินฮยอง ลี