



Wednesday March 5th, 2025

Location: Microsoft Teams

Presentation: 12:00 PM - 1:00 PM EST



The JS Sonshine Centre Learning Lab with Dr. Mahima Gulati

Join us in welcoming **Dr. Mahima Gulati**, Associate Professor, Department of Medicine, Division of Endocrinology, Diabetes and Metabolism at the University of Connecticut School of Medicine

Presenting her talk: **Lifestyle Medicine Shared Medical Appointments for Diabetes Management: Paving The Path to Wellness for People Living with Diabetes**

Dr. Mahima Gulati is a triple board-certified physician in Endocrinology, Diabetes, and Metabolism as well as Internal Medicine and Board-certified Diplomate of the American Board of Lifestyle Medicine. She is an Associate Professor in Endocrinology, Diabetes, and Metabolism at the University of Connecticut School of Medicine and an adjunct Associate Professor of Internal Medicine at Quinnipiac University's Frank H. Netter School of Medicine.

Dr. Gulati founded the service line of Lifestyle Medicine at Middlesex Health, Middletown, Connecticut and served as the medical director of Lifestyle Medicine. Since moving to the University of Connecticut School of Medicine in 2024, she is currently directing a novel Lifestyle Medicine endocrinology service line including Lifestyle Medicine Shared Medical Appointments, as well as serving as the chief clinical Lifestyle Medicine Interest Group faculty advisor for medical students and director of the Lifestyle Medicine Residency Curriculum for endocrinology fellows at UConn Health. Dr. Gulati was elected to the Board of Directors at American College of Lifestyle Medicine in November 2022 and currently serves as director-at-large. She also serves on ACLM's research committee, as well as the nutrition messaging task force. She was awarded the prestigious Fellowship of the American College of Lifestyle Medicine in October 2021 and is a Fellow of the American College of Endocrinology since 2017.

The Integrated QI/KT (I-Q-K) Learning Lab Meetings at the Sonshine Centre for Stroke Prevention & Brain Health are monthly events, created to support a collaborative learning.

Stay tuned for future guest speakers and innovative talks!

We look forward to seeing you there!