



INSTITUTE FOR INTEGRATED REGENERATIVE MEDICINE (IIRM®)

INAUGURAL PROFESSIONAL CERTIFICATE SYMPOSIUM IN MEDICAL WELLNESS

*Advancing Health Creation, Prevention, Regeneration & Healthy Longevity Through
Medical Wellness*

Presented by	Institute for Integrated Regenerative Medicine (IIRM®)
In collaboration with	Association of Integrative Medicine Malaysia (AIMM)
Part of	International Integrative Medicine Conference (IIMC) 2026
Date	Monday, 2 November 2026
Venue	The Ballroom, The Majestic Hotel, Kuala Lumpur
Distinguished Guest of Honour	The Right Honourable Tan Sri (Dr) Abang Haji Abdul Rahman Zohari bin Tun Datuk Abang Haji Openg, Premier of Sarawak
Programme	Professional Certificate in Medical Wellness
Continuous Professional Development	8 CPD points

A Dedicated Educational Symposium at IIMC 2026

Designed for healthcare professionals seeking structured exposure to the emerging discipline of Medical Wellness, this symposium integrates advanced prevention science with metabolic, mitochondrial, regenerative and longevity medicine, and personalised care alongside evidence-informed Traditional and Complementary Medicine (T&CM).

Symposium Overview

This inaugural symposium introduces **Medical Wellness** as an emerging, evidence-based healthcare discipline. It integrates preventive medicine, regenerative medicine, health creation, longevity and peptide science, metabolic and mitochondrial medicine, and personalised healthcare within a structured clinical framework.

Unlike conventional wellness programmes, which focus primarily on lifestyle enhancement or general wellbeing, **Medical Wellness** applies scientific medical principles to health creation, disease prevention, regenerative optimisation, performance enhancement and healthy longevity.

An Inaugural Initiative

This symposium is one of the earliest formal educational initiatives to recognise Medical Wellness as a developing healthcare discipline, distinct from traditional wellness programmes, preventive health education and commercial wellness models.

As healthcare systems worldwide move beyond disease management towards proactive health creation and longevity medicine, Medical Wellness is emerging as a critical frontier in the future of healthcare delivery.

Professional Certificate in Medical Wellness

Participants who complete the designated symposium sessions and fulfil the required attendance criteria will be awarded the Professional Certificate in Medical Wellness.

This certificate recognises participation in a structured educational programme designed to advance professional knowledge and interdisciplinary clinical understanding in the rapidly evolving science and practice of Medical Wellness.

Designed For

- Medical doctors and specialists
- Integrative and functional medicine practitioners
- Preventive, longevity and wellness medicine practitioners
- Health coaches and fitness professionals
- Allied healthcare professionals, pharmacists and clinical nutrition professionals
- Researchers, academicians, medical educators and healthcare entrepreneurs
- Students pursuing healthcare-related disciplines

Programme Schedule

Professional Certification in Medical Wellness Programme | 8-hour scientific programme

TIME	PROGRAMME
08:15 – 09:00	Registration, breakfast, booth visits and networking
09:00 – 09:15	Introduction to Medical Wellness as an emerging evidence-based healthcare discipline The evolution from reactive disease treatment to proactive health creation Why Medical Wellness represents the next frontier in medicine Global healthcare transformation toward prevention and longevity medicine Speaker: Mr Nils Bokström
09:15 – 10:00	Longevity Medicine & Advanced Preventive Medicine Biological aging science, Healthspan extension strategies, and advanced prevention-focused healthcare interventions on inflammaging and senescence Speaker: Dr Janethy Balakrishnan
10:00 – 10:45	Mitochondrial Medicine, Molecular and Cellular Medicine Mitochondrial bioenergetics, Mitophagy, Signalling pathways, Stem cells, Acellular (exosomes, secretomes), CAR-T, NAD+ Speaker: Dr. Pezhman Hafez
10:45 – 11:15	Refreshments and networking session with booth visits
11:15 – 12:00	Functional and Personalised Medicine, Advanced Root cause Medicine Orthomolecular Medicine, Predictive Diagnostics, Genomics, and Biomarker Personalised Interventions, Speaker: Dr Widya Murni
12:00 – 12:45	Announcement of Arrival of VVIP Premier of Sarawak, The Right Honourable Tan Sri (Dr) Abang Haji Abdul Rahman Zohari bin Tun Datuk Abang Haji Openg National Anthem – Negara Ku followed by Sarawak Cultural Performance Welcoming address by President of AIMM Official Key Address by VVIP, Premier of Sarawak Photography session with delegates
12:45 – 01:45	Lunch and booth visits
01:45 – 02:15	Taiji as a Salutogenic Intervention: Mind-Body Integration for Prevention, Regeneration, Healthspan, and Cognitive Health Neurophysiological and clinical evidence for an ancient practice in modern medical wellness Speaker: Professor Dr Sim Sze Kiat
02:15 – 03:00	Brainspan, Neurocognitive Health, & Mental Performance Medicine Brain longevity, Neuroprotection, Cognitive resilience, Stress physiology, and Mental performance optimization. Speaker: Dr Janethy Balakrishnan
03:00 – 03:45	Muscle as a Longevity Organ: Mechanobiology of Movement, Rhythm, and Resilience Physical Training, Sleep Architecture, Circadian Biology, Cellular Energy Systems, and Functional Immune Resilience Speaker: Mr Nils Bokström
03:45 – 04:15	Tea break and networking session

TIME	PROGRAMME
04:15 – 05:00	Metabolic Medicine, Obesity Medicine & Energy Homeostasis Metabolic adaptation, flexibility and resilience, Adiposity science, energy balance physiology, and advanced weight management strategies. Speaker: Dr Janethy Balakrishnan
05:00 – 05:45	Peptide Science, Advanced Biological Therapies, and the Future of Medical Wellness Molecular Signalling Pathways, Cellular Repair Mechanisms, and the Emerging Landscape of Health Creation Speaker: Dr Janethy Balakrishnan, Dr Widya Murni, Dr. Pezhman Hafez, Mr Nils Bokström
05:45 – 06:00	Acknowledgement of the Professional Certificate in Medical Wellness and Future Directions

Educational Learning Experience

Through expert-led scientific lectures, interdisciplinary discussions, case-based learning, clinical insights and professional exchange, participants will gain exposure to contemporary medical approaches focused on:

- Health creation in addition to disease management
- Prevention-focused healthcare strategies
- Regenerative and restorative health
- Personalised health and wellness interventions
- Human performance optimisation
- Healthy longevity medicine
- Patient-centred and proactive healthcare delivery systems

Why This Certification Matters

Healthcare is entering a new era in which the focus is no longer solely on treating disease, but increasingly on creating health, extending healthspan and brainspan, optimising function and delaying biological decline.

This symposium establishes an early professional educational framework dedicated to defining and advancing Medical Wellness as a legitimate healthcare discipline, integrating all modalities of modern medicine with traditional and complementary medicine.

Speakers

Dr Janethy Balakrishnan

MBBS, MSc (Healthcare Management), Certified Nutrition Specialist, ABAARM, Advanced Diploma in Aromatherapy

Dr Pezhman Hafez

MD (Iran), PhD (Malaysia), American Board of Regenerative Medicine

Dr Widya Murni

Chairwoman, Indonesia Functional, Integrative & Innovative Medicine (FIIM), Indonesia

Professor Dr Sim Sze Kiat

Neurosurgeon, Nutritionist, Acupuncturist; Faculty of Medicine and Health Sciences, UNIMAS, Sarawak

Mr Nils Bokström

Master's in Biology and Mathematics; Diploma in Clinical Nutrition, Sweden