



# WONCA ILOILO

ASIA PACIFIC REGIONAL CONFERENCE 2026

in conjunction with the PAFP 65<sup>th</sup> Anniversary  
and Annual Convention (March 23-24, 2026)

March  
25 to 27,  
2026

Iloilo Convention  
Center, Iloilo City,  
Philippines



## Culinary Medicine

Family physicians are often the first and most trusted guides when it comes to food and health. This Culinary Medicine Workshop bridges nutrition science and real-life kitchens, empowering doctors to confidently bring food as medicine into everyday patient care.

### 🌟 Workshop Highlights

#### 🥗 Evidence That Matters

Explore the science linking diet and chronic disease through real clinical cases like hypertension, diabetes, dyslipidemia. Learn how nutrition can be a powerful therapeutic tool.

#### 🔪 From the Clinic to the Kitchen

Step into a hands-on cooking experience where familiar Filipino dishes are reimaged with plant-forward, heart-healthy, and low-sodium approaches without sacrificing culture, flavor, or joy.

#### 🧠 Counseling That Works in Real Life

Practice motivational interviewing, family-centered counseling, and practical strategies to address common barriers like cost, time, taste, and household preferences.

#### 🌱 From Learning to Living

Reflect, commit, and leave with ready-to-use tools such as recipe cards, patient handouts, and quick counseling guides, so the impact continues long after the workshop ends.

**This is not just a cooking class. It's a return to the art of healing through food**—equipping physicians to model, teach, and sustain healthier choices for themselves, their patients, and their communities. ❤️

**Time:** March 24, 2026  
from 1:00 PM – 5:00 PM

**Registration Fee:** 70 USD

