



### **Dr. Kim L. Lavoie**

Dr. Lavoie is Full Professor and Chair of Behavioral Medicine in the Dept. of Psychology, at the University of Quebec at Montreal (UQAM), Former Director of the Chronic Disease Research Division at Hôpital du Sacre-Coeur de Montreal, and Co-Director of the Montreal Behavioral Medicine Centre. She holds a number of national and international leadership positions including Co-Lead of the International Behavioral Trials Network and Chair of the Canadian Network for Health Behavior Change. Dr. Lavoie is internationally recognized

for her research on chronic disease prevention and the impact of behavioral interventions, such as motivational communication, on health behaviors and chronic disease outcomes. She has held more than \$21 million in grant funding and has more than 160 peer reviewed papers and book chapters. Dr. Lavoie is highly sought out to design and deliver health behavior change interventions, with a focus on motivational communication, where to date, over 14,000 health professionals worldwide have attended her workshops.

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### **Dr. Ines Colmegna**

Dr. Ines Colmegna is a clinician scientist working at the Research Institute of the McGill University Health Centre (MUHC) and the Division of Rheumatology - Department of Medicine of the MUHC. She is an Associate Professor at McGill University and holds a Chercheur-Boursier Senior salary award from the Fonds de recherche Sante Quebec. She is an Affiliate Member in the Department of Microbiology and Immunology. Her group studies when and how stem

cells could promote autoimmunity. Her clinical passion is to contribute to improving the quality of life of people living with rheumatoid arthritis. She is involved in National and International initiatives that relate to this disease.