

Community of Wellness Celebration Gala



Friday, March 22
5:30 p.m. - 9:00 p.m.
Rochester Golf & Country Club

Event Emcee:

Judy Braatz

Dinner:

A gourmet four-course,
whole-food plant-based menu

Silent Auction:

Proceeds will go toward the
Lotus Health Foundation
education fund.

Featured Presentations:

“What to do About the Rapid
Rise in Depression/Anxiety,
Suicide, and Deaths of Despair”

Neil Nedley, MD

“Eating Healthy in the Real
World”

Neal Barnard, MD, FACC

Seating is limited!

LotusHealthFoundation.org

Lifestyle Medicine Symposium:

*Community Connections,
Resilience, and Happiness*



March 21 - 22
125 LIVE

Our two-day conference offers
insights and solutions that
focus on individual health and
the basic principles of
nutrition, physical activity, and
resilient lifestyles.

***“The presenters were very
knowledgeable and knew how
to reach most of us novices
regarding the topics.”***

- 2018 symposium participant

Open to the public, healthcare
professionals, and community
leaders

Co-hosted by:
Winona State University



*For registration and CEU
Information, visit*

RochesterClinic.com

Community of Wellness Symposium and Gala

March 21-22, 2019

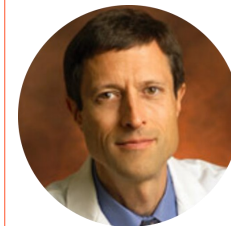


How does the life you live
today transform the life
you lead *tomorrow*?

Featuring nationally renowned
lifestyle medicine physicians:

Neal Barnard, MD, FACC

Neil Nedley, MD



(507) 218-3095



Thursday, March 21

8:15 a.m. - 4:30 p.m.

Lifestyle Medicine Symposium

8:30 a.m. - 9:15 a.m.

"Using the Power of Nutrition for Health"

9:15 a.m. - 10:00 a.m.

"Diabetes in Olmsted County and the Diabetes Prevention Programs with a Lifestyle Medicine Approach"

10:15 a.m. - 10:45 a.m.

"Gut Health"

10:45 a.m. - 11:15 a.m.

"Toward a Sustainable Food System: Preserving Natural Resources for Improved Health"

11:15 a.m. - 11:45 a.m.

"Finding the Balance: Women's Health and Effects of Chronic Stress"

Employee Health and Wellness

12:45 p.m. - 2:00 p.m.

Employee Health = Employer's Wealth

2:15 p.m. - 3:20 p.m.

Alternative Health Plan Options for Employers

3:30 p.m. - 4:30 p.m.

How do You Design a Meaningful Wellness Program for Better Prevention?

Schedule of events

Friday, March 22

8:15 a.m. - 3:00 p.m.

Lifestyle Medicine Symposium

8:30 a.m. - 9:15 a.m.

"Neuroplasticity and Emotional Intelligence"

9:15 a.m. - 10:00 a.m.

"Power Foods for the Brain"

10:15 a.m. - 11:00 a.m.

"Sleep's Role in Health and Chronic Diseases"

"New Treatment Approach to Alzheimer's Disease"

11:00 a.m. - 12:00 p.m.

"Aromatherapy and Practicing Mindfulness"

1:00 p.m. - 3:00 p.m.

Panel Discussion:
Resilience and Happiness Through Community Connections

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Saturday, March 23

11:00 a.m. - 3:00 p.m.

Rochester Seventh-Day Adventist Church

"How to Experience the Psychological Good Life" and other topics

- Neil Nedley, MD



Friday, March 22

5:30 p.m. - 9:00 p.m.

Community of Wellness Gala

5:30 p.m. - 6:30 p.m.

Social Hour and Silent Auction

6:45 p.m. - 7:30 p.m.

Dinner

7:45 p.m. - 8:15 p.m.

"What to do About the Rapid Rise in Depression/Anxiety, Suicide, and Deaths of Despair"

8:15 p.m. - 8:45 p.m.

"Healthy Eating in the Real World"

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Other Symposium Speakers

Lori Banks, PTA
Robert Bonacci, MD
Travis Bretzman
Leticia Callies, Aromatherapist
Natalie Gentile, MD
Thomas Harman, MD
Carole Jenson, DNP
Purna Kashyap, MBBS
Kelly Rae Kirkpatrick
Jengyu Lai, DPM
Janette Leal, MD
Mei Liu, MBA, MS
Amy Rice Blackstad
Jack Priggen
Malia Ray, MD
Jory Zunich