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

LotusHealthFoundation.org

Lotus Health Foundation

(507) 218-3095
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”

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

**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

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**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?

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**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.
“How 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
Letticia 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 Zurich