



For Immediate Release: February 22, 2023

ROCHESTER, Minn. – Lotus Health Foundation, the non-profit arm of [Rochester Clinic](#), is pleased to announce it will be hosting its annual [Community of Wellness Symposium](#), a one-and-a-half-day event to educate on and encourage the adoption of lifestyle medicine in the community, on April 21 and 22, 2023 at the [St. Mary's University in Rochester](#). The Celebration Gala will be held at [Rochester Golf and Country Club](#) on April 22 at 5:30 pm.

The Symposium, themed "Lifestyle Medicine: Self-Care for Freedom from Chronic Diseases," will focus on the topic of practicing self-care through comprehensive healthy lifestyle interventions. An array of speakers will present to include [Thomas Kottke, MD. MSPH](#), Medical Director for Well-Being at HealthPartners and Professor of Medicine at the University of Minnesota; [Brenda Davis](#), RD, world-leading plant-based dietitian, speaker, and author; [Dawn Mussallem](#), DO, Diagnostic Breast Specialist at Mayo Clinic Jacksonville; [Jengyu Lai](#), DPM, Founder of Rochester Clinic; plus several other lifestyle medicine experts.

The evidence-based lifestyle medicine approach aims to empower individuals to improve and even reverse chronic diseases. Community members, health care practitioners, human resource professionals, corporate executives and others interested in building community resilience will benefit from attending these events. [Registration](#) is required.

About Lotus Health Foundation and Rochester Clinic

Lotus Health Foundation provides evidence-based education to empower individuals to successfully manage or prevent chronic illness and decrease medical costs through healthy lifestyle choices. Rochester Clinic offers preventive medical care with a whole-person approach, based on lifestyle medicine principles.

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