

2023 Community of Wellness Symposium

Lifestyle Medicine: Freedom from Chronic Diseases

Friday, April 21, 2023, 4:00 p.m. to 8:00 p.m.

Saturday, April 22, 2023, 8:00 a.m. to 4:00 p.m.

St. Mary's University, Rochester, MN

Chronic conditions are the major contributors of healthcare expenditures. They affect the quality of life and are known to create physical, mental, and financial burdens. Many of those conditions, such as heart disease and diabetes, and the complications they generate cannot be resolved by modern technologies. However, lifestyle adjustments can address the root causes to effectively improve or even reverse these chronic conditions.

At this Symposium, you will learn from lifestyle medicine experts who will share their knowledge to guide you, inspire you, and empower you to practice self-care, with purpose. A lifestyle medicine centered self-care practice includes plant-based nutrition, constant movement, restful sleep, social connections, stress management, and passion. These principles will help you gain freedom from chronic diseases.

Friday, April 21, 4:00 pm – 8:00 pm

3:30 – 4:00 Registration

4:00 – 4:15 Check-in

4:15 – 4:30 Welcome & Introduction – *Ron Hanson, Emcee, Mei Liu, Founder; Mayor Kim Norton*

4:30 – 5:30 Walk With a DOC – *Jengyu Lai, DPM*

5:30 – 6:30 Refreshment and Connections

6:30 – 8:00 Lifestyle Medicine Community and Resources

Saturday, April 22, 8:00 am – 4:00 pm

8:00 – 8:15 Welcome and Introduction – *Ron Hanson, Emcee; Mei Liu, Founder; Mayor Kim Norton*

8:15 – 9:00 The Essence of Vibrant Existence – *Dawn Mussallem, DO, DipABLM*

9:00 – 9:15 Break 1

9:15 – 9:45 Optimizing Diabetes with Diet and Lifestyle - *Brian Carlsen, MD*

9:45 – 10:15 Lifestyle Medicine Approach to Manage Diabetic Feet – *Jengyu Lai, DPM, DipABLM*

10:15 – 10:30 Q&A Dr. Carlsen and Dr. Lai

10:30 – 10:45 Break 2

10:45 – 12:00 Unleashing the Power of Plant-Based Diets – *Brenda Davis, RD*

12:00 – 1:00 Lunch Break 3

1:00 – 1:45 Life Medicine for Women: Bridging the Gap – *David Kroska, MD, FACOG, DipABLM*

1:45 – 2:00 Break 4

2:00 – 2:45 Lifestyles for Positive Health and Well-being – *Thomas Kottke, MD*

2:45 – 3:00 Break 5

3:00 – 3:45 Panel Discussion: How to Achieve Freedom from Chronic Diseases? – All presenters

3:45 – 4:00 Closing



2023 Community of Wellness Gala

April 22, Saturday, 5:30 - 8:45 pm

Rochester Golf and Country Club

(This is a ticketed event with limited seating.)

5:30 -6:00 Social Hour

6:00 – 6:15 Welcome and Introduction

Judy Braatz, Emcee; Mei Liu, Founder and President; Mayor Kim Norton

6:15 – 7:15 Dinner

7:15 – 7:35 Lifestyle Medicine Legend in Minnesota – *Thomas Kottke, MD*

Honoring Henry Blackburn, MD, for his lifelong contribution to the discovery of the cause and cure for heart disease. A 10-min video clip of the interview by Dr. Hans Diehl will be presented. Special guest speaker, Thomas Kottke, MD, reflects on his contributions to applying Dr. Blackburn’s work in unmasking a mysterious killer as part of the North Karelia project in Finland.

7:35 – 7:40 Jazz Music Performance – *Dwight Jennings, Saxophone; John Varona, Piano*

7:40 – 8:30 Panel Discussion: Listen to Your Heart. Promoting Wellbeing in the Workplace and Community.

Mayor Kim Norton; Dawn Mussallem, DO; Brenda Davis, RD; Thomas Kottke, MD; Jengyu Lai, DPM; David Kroska, MD

8:30 – 8:45 Closing

We honor the dedication of our guest speakers, community volunteers, and Mayor who continues to support the whole-food, plant-based centered lifestyle within the community.