



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.