

CELEBRATION GALA



SATURDAY, APRIL 22

5:30 pm - 8:45 pm

Rochester Golf and Country Club

Ticket sales are final and non-refundable

Event Emcee - Judy Braatz

5:30-6:00 pm

Social Hour

6:00-6:15 pm

Welcome & Introduction

Judy Braatz & Mei Liu, Founder & President

Kim Norton, Mayor of Rochester, MN

6:15-7:15 pm

Dinner

Gourmet, Whole Foods, Plant-Based Menu

7:15-7:35 pm

Lifestyle Medicine Legend in Minnesota

Honoring Henry Blackburn, MD with

a 10-minute clip of the interview by Dr. Hans Diehl.

Special guest speaker, Thomas Kottke, MD reflection 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 pm

Jazz Music Performance

John Varona, Piano; Dwight Jennings, Saxophone

7:40-8:30 pm

Panel Discussion: Listen to your heart.

Promoting Well-Being from Individuals to the Workplace and the Community.

8:30-8:45 pm

Closing

This is a ticketed event. Registration is required.

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.

LIFESTYLE MEDICINE SYMPOSIUM



APRIL 21-22, 2023

St. Mary's University, Rochester

This symposium offers insights and solutions that focus on individual health and the basic principles of nutrition, physical activity and resilient lifestyles.

Petals of Health



**NUTRITION
MOVEMENT
PASSION
SOCIAL CONNECTIONS
STRESS MANAGEMENT
SLEEP**

"Lifestyle has a much greater impact on well-being than most in the medical community choose to admit, and the presentations brought to light the need for a 'lifestyle medical approach' to the growing problems in our lives."

- 2019 symposium participant

Open to healthcare professionals, community leaders and the public.

More Education, Less Medication.

FOR REGISTRATION

VISIT

CommunityofWellness2023.Eventbrite.com

2023 COMMUNITY OF WELLNESS SYMPOSIUM AND GALA

LIFESTYLE MEDICINE:

Freedom from Chronic Diseases



How does the life you live **TODAY** transform the life you lead **TOMORROW?**

Featuring world-renowned and local lifestyle medicine experts:



**DAWN
MUSSALLEM**
DO, DipABLM



**BRENDA
DAVIS**
RD



**THOMAS E.
KOTTKE**
MD



**DAVID
KROSKA**
MD, DipABLM



**JENGYU
LAI**
DPM, DipABLM



**BRIAN
CARLSEN**
MD



Rochester Clinic
Lifestyle Medicine For Your Well-Being

**Lotus Health
Foundation**

(507) 218-3095

Health@LotusHealthFoundation.org

FRIDAY, APRIL 21
4:00 PM - 8:00 PM



4:00 pm to 4:15 pm

Check-in

4:15 pm to 4:30 pm

Welcome & Introduction

Ron Hanson, *Emcee*; Mei Liu, *Founder*
& Mayor Kim Norton

4:30 pm to 5:30 pm

Walk With A Doc (WWAD)
Leading physician: Jengyu Lai, DPM

Join this one-hour walk together around the beautiful Cascade Meadow Wetlands behind St. Mary's University Rochester campus

5:30 pm to 6:30 pm

Refreshments and Connections

Enjoy whole-food, plant-based refreshments designed by local chefs.

6:30 pm to 8:00 pm

Meet & Greet

Meet our sponsors, guest speakers, and community partners. Learn about resources for your wellness journey.

Lotus Health Foundation
Rochester Clinic
Move With the Mayor
CompCare Urgent Care
Plantpure Community Pod
Natural Grocers
MN RETAIN
Let's Walk Minnesota
Arthritis Foundation Walk with Ease
Cardinal of Minnesota

*Let's connect and grow
Community of Wellness together!*

This walk event is FREE. Registration is required.

DipABLM: Diplomat American Board of Lifestyle Medicine

**LIFESTYLE MEDICINE:
FREEDOM FROM
CHRONIC DISEASES**



FRIDAY, APRIL 21

4:00 pm - 8:00 pm

SATURDAY, APRIL 22

8:00 am - 4:00 pm

St. Mary's University, Rochester

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.



Registration

SATURDAY, APRIL 22
8:00 AM - 4:00 PM



8:00 am - 8:15 am

Welcome & Introduction

Ron Hanson, *Emcee*; Mei Liu, *Founder*
& Mayor Kim Norton

8:15 am - 9:00 am

The Essence of Vibrant Existence

Dawn Mussallem, *DO, DipABLM*

9:15 am - 9:45 am

**Optimizing Diabetes
with Diet and Lifestyle**

Brian Carlsen, *MD*

9:45 am - 10:15 am

**Lifestyle Medicine Approach
to Manage Diabetic Feet**

Jengyu Lai, *DPM, DipABLM*

10:45 am - 12:00 pm

**Unleashing the Power
of Plant-Based Diets**

Brenda Davis, *RD*

12:00 pm - 1:00 pm

Lunch

1:00 pm - 1:45 pm

**Lifestyle Medicine for Women:
Bridging the Gap**

David Kroska, *MD, FACOG, DipABLM*

2:00 pm - 2:45 pm

**Lifestyles for Positive Health
and Well-Being**

Thomas Kottke, *MD*

3:00 pm - 3:45 pm

**Panel Discussion: How to Achieve
Freedom from Chronic Diseases?**

All Presenters

3:45 pm - 4:00 pm

Closing

This is a ticketed event. Registration is required.