

2024 Community of Wellness Symposium & Gala

Lifestyle Medicine: Pathway to Happiness

Gala

Friday, May 17, 2024, 5:30 pm to 8:45 pm

Rochester Golf and Country Club

(This is a separate ticketed event with limited seating.)

5:30 pm – 6:00 pm

Social Hour

6:00 pm – 6:15 pm

Welcome and Introduction – Denise Stegall, Ron Hanson, Emcee; Mei Liu, Founder and President; Mayor Kim Norton

6:15 pm – 7:15 pm

Dinner

7:15 pm – 7:35 pm

A Tribute to Dr. Hans Diehl

Honoring Dr. Diehl's significant contributions to Rochester and the local healthcare community. Dr. Diehl was a pioneer in Lifestyle Medicine and a lifelong champion of the power of preventative medicine.

7:35 pm – 7:40 pm

Jazz music performance

7:40 pm – 8:10 pm

Keynote

Resilient Option – Amit Sood, MD

Keys to Happiness

1. Our brain is constantly busy with survival and safety and needs to be intentionally reprogrammed for peace and happiness.
2. The three key skills to happiness are intentional presence, gratitude, and compassion.
3. Finding ways to sprinkle moments of gratitude and kindness throughout the day can be transformative for you and your loved one's life.
4. As you are striving to improve, pause once in a while to enjoy how good it already is.

2024 Community of Wellness Symposium & Gala

Lifestyle Medicine: Pathway to Happiness

8:10 pm – 8:30 pm

Panel discussion

Local stakeholders including the Mayor, guest speakers, corporate leaders, and the community at large will reflect the lifestyle medicine principles presented at the conference and how we can effectively apply those to our daily life. A conversation on how we create happiness at different places, roles, and stages of our life.

8:30 pm – 8:45 pm

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.