



**For Immediate Release: February 22, 2024**

**Lotus Health Foundation hosts 6th annual “Community of Wellness” event, Lifestyle Medicine, Path to Health & Happiness.**

Rochester, Minn. – [The Lotus Health Foundation](#) is excited to announce the 6th annual, "[Community of Wellness](#)" [Symposium & Gala](#) will take place on May 16<sup>th</sup> and 17<sup>th</sup> at 125 Live. This two-day event aims to foster a culture of health and well-being within the local community, offering attendees the opportunity to explore paths to their own best health through self-care practices that focus on nutrition, movement, social connections, stress management, and finding their passion.

The Symposium will feature leading medical experts, including Wayne Dysinger, MD, and Brenda Davis, RD, presenting the evidence-based science that supports Lifestyle Medicine and discussing its impact on the epidemic of chronic disease affecting our healthcare system. Attendees will gain practical advice on how to incorporate self-care into a busy daily routine. They will also enjoy a live episode of "[The Exam Room](#)" [podcast](#). Sponsored by the Physicians Committee for Responsible Medicine (PCRM) and hosted by ‘Weight Loss Champion’ Chuck Carroll, “The Exam Room” is ranked one of the top 10 podcasts for nutrition. Following the event on May 18, Eddie Ramirez, MD will share his presentation in Spanish to ensure that an underserved portion of the community can access and benefit from the educational content and guidance.

The "Community of Wellness" Gala on the evening of May 17 will feature a panel of experts discussing the connection between Lifestyle and Happiness. Guests will enjoy a delicious whole food, plant-based dinner, live music, silent auction, and an opportunity to network with local health professionals, wellness practitioners, and community organizations dedicated to promoting holistic health. The event will also serve as a tribute to Dr. Hans Diehl, honoring his significant contributions to the Rochester community and local healthcare systems. Dr. Diehl was a pioneer in Lifestyle Medicine and a lifelong champion of the power of preventative medicine.

"We believe that true wellness encompasses not only physical health but also mental and emotional well-being," said Mei Liu, Founder and President of Lotus Health Foundation. "Our goal with this event is to provide our community with the tools and resources they need to lead balanced and fulfilling lives. We are thrilled to bring leading experts in Lifestyle Medicine together with members of our community to share knowledge, support each other, and inspire positive lifestyle changes."

Tickets to the “Community of Wellness” Symposium & Gala are available for purchase, with all proceeds benefitting the foundation’s outreach and educational programming. All members of the community are invited to attend, especially healthcare practitioners, HR professionals, business owners, and those who are passionate about improving their health and strengthening their community. For more information and to register for the event, please visit <https://lotushealthfoundation.org/community-of-wellness/>.

**About Lotus Health Foundation & Rochester Clinic:**

The "Community of Wellness" Symposium & Gala is presented by the Lotus Health Foundation, a 501c3 non-profit, and the Rochester Clinic. Lotus Health Foundation is dedicated to promoting a holistic path to health and well-being in the community. The Foundation offers evidence-based education on the importance of nutrition, movement, stress reduction, quality sleep, and social connection, empowering individuals to take control of their health, reduce chronic illness, and enjoy their best lives. Rochester Clinic offers preventative medical care with a whole-person approach, based on the principles of lifestyle medicine.

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