



# Lifestyle Medicine: Pathway to Health and Happiness

## Community of Wellness Symposium & Gala

May 16–17, 2024  
Rochester, Minnesota

Join us at our annual Symposium and Gala to discover your path to health and happiness through improvements in your self-care practices. Plant-based nutrition, movement, restful sleep, social connection, stress management and finding your passion can help you live your best life!

Learn about lifestyle medicine from leading health experts who will offer practical advice on how to become your happiest and healthiest self! They'll share tips to prevent and reverse common health conditions such as type 2 diabetes, heart disease, high blood pressure, high cholesterol and obesity.



Chuck Carroll will host  
PCRM's The Exam Room  
Podcast live at the  
Symposium!



Scan for tickets to join us at  
**125 LIVE** for the Symposium  
and at **Rochester Golf &  
Country Club** for the Gala.

[CommunityofWellness2024.Eventbrite.com](https://CommunityofWellness2024.Eventbrite.com)



Amit  
Sood, MD



Wayne  
Dysinger, MD



Brenda  
Davis, RD



Eddie  
Ramirez, MD



Jengyu  
Lai, DPM



Dawn  
Mussallem, DO



Chuck  
Carroll



Thomas  
Kottke, MD



Courtney  
Baechler, MD



Brian  
Carlsen, MD



Lauren  
Plunkett, RD



Sara  
Persinger, DNP



Dawn  
Jacobson, MD



Letticia  
Callies, DMin



Chad  
Hergott, DPT

[www.LotusHealthFoundation.org](http://www.LotusHealthFoundation.org)  
[Health@LotusHealthFoundation.org](mailto:Health@LotusHealthFoundation.org)  
(507) 218-3095

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