

## **Lifestyle Medicine: Pathway to Health** and Happiness

## **Community of Wellness** Symposium & Gala

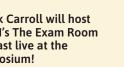
May 16-17, 2024 Rochester, Minnesota

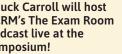
Join us at our annual Symposium and Gala to discover your path to health and happiness through improvements in your self-care practices. Plant-based nutrition, movement, restful sleep, social connection, stress management and finding your passion can help you live your best life!

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!



















Amit

Sood, MD







Davis, RD

Thomas

Kottke, MD





Eddie Ramirez, MD

Jengyu Lai, DPM



Brian Carlsen, MD



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

CommunityofWellness2024.Eventbrite.com



Dawn

Mussallem, DO

Lauren Plunkett, RD



Chuck

Carroll

Sara Persinger, DNP



Dawn Jacobson, MD



Courtney

Baechler, MD



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