

# 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



**(507) 218-3095**

[Health@LotusHealthFoundation.org](mailto: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.

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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  
Living Healthy List  
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.**