

Lotus Health Foundation and Rochester Clinic

present

Community of Wellness Events

Dr. Diehl, founder of the Lifestyle Medicine Institute, will be in Rochester, Minnesota in April 2017.

Join us as he speaks on how to get excited about life, health and the pursuit of happiness through lifestyle changes.

Calendar of Events

Thursday, April 20, 2017

7:00-8:00 pm **CHIP Information Session**

Rochester Seventh - day Adventist (SDA) Church - 1100 37th St NW, Rochester MN

Friday, April 21, 2017

1:00-3:00 pm **The Future Begins Now**

University of Minnesota-Rochester- Room 418

7:00-8:30 pm **God Still Opens Doors**

Rochester SDA Church- 1100 37th St NW, Rochester MN

Saturday, April 22, 2017

10:00-12:15 pm **From Cripple to Champion/MAD, SAD, GLAD: The Gospel of 2nd Chance**

1:45-2:30 pm **Inspirational Music by Dr. Lily Pan Diehl and John Varona**

2:45-4:00 pm **Forks and Knives: Weapons of Destruction or Instruments of Health?**

4:05-4:50 pm **Q and A: Medical Panel of Lifestyle Medicine**

Rochester SDA Church- 1100 37th St NW, Rochester MN

5:30-8:45 pm **Community of Wellness Celebration Banquet – The Blue Zones**

Kahler at Apache- 1517 16th St SW, Rochester MN (seating is limited, RSVP Required)

Sunday, April 23, 2017

2:00-5:00 pm **“Eat More, Weigh Less!”; Piano Concert by Dr. Lily Pan Diehl**

Christ United Methodist Church- 400 5th Ave SW, Rochester MN

Monday, April 24, 2017

2:00-3:00 pm **Live a Longer and Happier Life!**

125Live - 125 Elton Hills Dr NW, Rochester MN (Registration Required)

Tuesday, April 25, 2017

9:00-3:30 pm **Lifestyle Medicine Symposium: A Holistic Approach to Healthcare**

RCTC Heintz Center - 1926 Collegeview Rd E Rochester MN (Registration Required)



For more information, contact [\(507\) 218-3095/Health@RochesterClinic.com](tel:5072183095) www.RochesterClinic.com



Hans Diehl, DrHSc, MPH, FACN, is the clinical director of the Lifestyle Medicine Institute in Loma Linda, California. Chosen as “One of America’s 20 Super-Heroes of the Health Movement”, Dr. Diehl offers more than 25 years of leadership in the emerging field of Lifestyle Medicine. His pioneering efforts as an epidemiologically-trained lifestyle interventionist with the Complete Health Improvement Program (CHIP) have shown how simple lifestyle changes can prevent and even reverse many of our largely lifestyle related diseases.