

Community of Wellness Celebration Gala

Relaunch Lifestyle Medicine in Rochester



Friday, May 6
5:30 p.m. - 8:45 p.m.
Rochester Golf and Country Club
Ticketed Event
Ticket sales are final and non-refundable

Event Emcee:
Denise Stegall

5:30 p.m. - 6:00 p.m.
Social Hour

6:00 p.m. - 6:30 p.m.
Welcome and Introduction

Denise Stegall; Mei Liu, Founder & President;
Kim Norton, Mayor of Rochester City

6:30 p.m. - 7:30 p.m.
Dinner

Gourmet, whole foods, plant-based menu

7:30 p.m. - 8:30 p.m.
Ask the Experts:

Relaunch Lifestyle Medicine in the Community:
How Can We Make Our Local Community Be the
National Example?

Neil Nedley, MD; Wayne Dysinger, MD; Mayor
Norton; Jengyu Lai, DPM

8:30 p.m. - 8:45 p.m.
Closing

More Education, Less Medication

Lifestyle Medicine Symposium



May 6 - 7
**Rochester Seventh Day
Adventist Church**

This two-day symposium offers insights and solutions that focus on individual health and the basic principles of nutrition, physical activity, and resilient lifestyles.

"Lifestyle has a much greater impact on wellbeing 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.



For registration visit
CommunityofWellness2022.Eventbrite.com

Community of Wellness

*Lifestyle Medicine: The Compass
Leading to Your Well-Being*



How does the life you live
today transform the life you
lead *tomorrow*?

Featuring world-renowned and
local lifestyle medicine experts:



Wayne Dysinger, MD, DipABLM
Neil Nedley, MD
James Kosowicz, MD, DipABLM
Kelly Rae Kirkpatrick, MS
Jengyu Lai, DPM, DipABLM



**Rochester Clinic Lotus Health
Foundation**
Lifestyle Medicine For Your Well-Being

(507) 218-3095
health@LotusHealthFoundation.org



Friday, May 6

8:00 a.m. - 12:00 p.m.

Lifestyle Medicine Symposium

8:00 a.m. - 8:15 a.m.

Welcome and Introduction

Denise Stegall; Mei Liu;
Mayor Kim Norton

8:15 a.m. - 9:00 a.m.

Chronic Disease and the Lifestyle
Medicine Rx: Perspectives from the
Hospital

James Kosowicz, MD, DipABLM

9:15 a.m. - 10:00 a.m.

Lifestyle Medicine Keeps You Dancing

Jengyu Lai, DPM, DipABLM

10:15 a.m. - 11:00 a.m.

Nutrition and The Brain

Neil Nedley, MD

11:15 a.m. - 12:00 p.m.

The Lifestyle Medicine Practice: what is it
and Why Should You Consider it?

Wayne Dysinger, MD, DipABLM

Schedule of events

Friday, May 6

1:00 p.m. - 4:30 p.m.

Lifestyle Medicine Symposium

1:00 p.m. - 2:00 p.m.

Take Care of Your Lifestyle and the Weight
Will Take Care of Itself. Discover
Sustainable Ways of Maintaining a Healthy
Weight.

Panel Discussion

Neal Nedley, MD; Wayne Dysinger, MD,
DipABLM

2:15 p.m. - 3:00 p.m.

Plant a Seed for Food Security—Be a
Catalyst for Food System Change

Kelly Rae Kirkpatrick, MS

3:15 p.m. - 3:45 p.m.

Available Resources for Personal Wellness,
Community Resilience, and Lifelong Health.
It Starts Here!

Healthy Living List, PlantPure Community
Pod Leaders, CHIP Facilitator, NDARP
Facilitators

3:45 p.m. - 4:30 p.m.

Cooking Demonstration and Nutrition

Q&A With the Nedley Duo

Erica and Neil Nedley, MD

- * Complete Health Improvement Program (CHIP)
- * Nedley Depression and Anxiety Recovery Program (NDARP)
- * Optimize Your Brain (OYB)
- * Diplomate, American Board of Lifestyle Medicine (DipABLM)



Saturday, May 7

1:30 p.m. - 5:00 p.m.

Lifestyle Medicine Symposium

1:30 p.m. - 1:45 p.m.

Welcome and Introduction

Denise Stegall; Mei Liu;
Pastor Bradly Booth

1:45 p.m. - 2:45 p.m.

When Stress or Problems Come Your
Way: Avoiding and Treating PTSD

Neil Nedley, MD

3:00 p.m. - 3:45 p.m.

Passion—The Driver of Your Well-Being.
What Matters to You?

Denise Stegall; Dawn Mussallem, DO;
LuAnn Buechler

4:00 p.m. - 5:00 p.m.

NDARP and OYB Update and Testimonial
Erica and Neil Nedley, MD, Local NDARP
Associated Directors and Facilitators

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This event is made possible by the
collaboration of Lotus Health Foundation,
Rochester Clinic, Rochester SDA Church, Living
Healthy List, and other community partners.

