

Community of Wellness Celebration Banquet



Saturday, April 22
5:30-8:45p
Kahler Apache

The gourmet dinner will feature a three-course whole food, plant-based menu.

“Secrets of A Long Life”
Tony Buettner, national spokesperson of The Blue Zones

“Implementing Lifestyle Medicine”
Dr. Hans Diehl

Seating is limited!

For ticketing information, visit
RochesterClinic.com

(507) 218-3095

Lifestyle Medicine Symposium: *A Holistic Approach to Healthcare*



Tuesday, April 25
9:00a-3:30p
RCTC Heintz Center

Learn how lifestyle medicine improves common chronic diseases like diabetes, arthritis, and cardiovascular disease!

Presented by:

Hans Diehl, DrHSc, MPH, FACN
Thomas Harman, MD
Robert Bonacci, MD
Jengyu Lai, DPM
Jason Banks, DPT

Open to healthcare professionals and students.

Co-sponsored by the Rochester Community and Technical College



To register online, visit
RochesterClinic.com

Community of Wellness Health Fair



April 18-26, 2017

Spreading wellness and knowledge throughout the community!

Featuring lifestyle medicine pioneer, Hans Diehl, DrHSc, MPH, FACN



(507) 218-3095



Tuesday, April 18

Private event at Mayo Clinic—
Priorities of Collaboration

Wednesday, April 19

Private Event at the Rochester
Rotary Clubs—Taming the
Heart Attack Tsunami

Thursday, April 20

Community *CHIP
Commencement Ceremony

7:00-8:00p

CHIP Information Session
*Presentation at RSDAC
(Open to the public)

Friday, April 21

University of Minnesota-
Rochester:

CHIP Commencement
Ceremony

1:00-3:00p

“The Future Begins Now”
Presentation at Room 418
(Open to the public)

7:00-8:30p

“God Still Opens Doors. My Story”
Presentation at RSDAC
(Open to the public)

SCHEDULE OF EVENTS

Saturday, April 22

Presentations at RSDAC
(Open to the public)

10:00-10:55a

“From Cripple to Champion”

11:00-12:15p

“MAD, SAD, GLAD: The Gospel of
Second Chance”

1:45-2:30p

Inspirational musical interlude—
Piano concert by Dr. Lily Pan Diehl
and John Varona

2:45-4:00p

“Forks and Knives: Weapons of
Mass Destruction, or Instruments
of Hope, Health, and Healing?”

4:05-4:50p

Medical Panel Discussion

5:30-8:45p

Banquet at Kahler Apache
A Community of Wellness Celebration
For registration, see next page



Sunday, April 23

Presentation at Christ United
Methodist Church:
(Open to the public)

2:00-3:00p

Music to Inspire: Piano
concert by Dr. Lily Pan Diehl
and John Varona

3:30-4:55p

“Eat More, Weigh Less!—The
no-fail rational success formula
for weight management”

Monday, April 24

Presentation to Lourdes High
School:

“Saving Your Parents’ Lives”

“Forks and Knives: Weapons of
Mass Destruction, or Instruments
of Hope, Health, and Healing?”

2:00-3:00p

Presentation at 125 LIVE
“Live a Longer and Happier Life!”
(Registration required)

Tuesday, April 25

Lifestyle Medicine Symposium
For registration, see next page



*RSDAC = Rochester Seventh-day Adventist Church

*CHIP = Complete Health Improvement Program