

Community of Wellness Celebration Gala



Friday, March 16
5:30p-9:00p
Rochester Art Center

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

Silent auction proceeds will go towards the Lotus Health Foundation education fund.

“Cheese: How Breaking a Surprising Addiction Can Dramatically Improve Your Health”

Dr. Neal Barnard

“Change your Habits, Change your Health!”

Dr. Hans Diehl

Seating is limited!

For ticketing information, visit
RochesterClinic.com

(507) 218-3095

Lifestyle Medicine Symposium: *Clinical Applications of Lifestyle Medicine*



Friday, March 16
8:00a-3:30p
125 LIVE

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

Presented by:

Hans Diehl, DrHSc, MPH, FACN
Neal Barnard, MD, FACC
Thomas Harman, MD
Jengyu Lai, DPM

Open to healthcare professionals and community leaders

Co-sponsored by:
Winona State University
125 LIVE



For registration and CEU information visit
RochesterClinic.com

Community of Wellness **March 9-16, 2018**

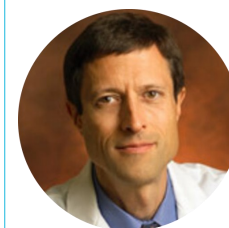


Spreading wellness and knowledge throughout the community!

Featuring lifestyle medicine physician and pioneers:

Neal Barnard, MD, FACC

Hans Diehl, DrHSc, MPH, FACN



(507) 218-3095



Friday, March 9

Dodge Center *SDAC

7:00p–8:15p

“God Still Opens Doors: My Story”

Saturday, March 10

Dodge Center *SDAC

11:00a–3:30p

11:00a-12:30p

“MAD, SAD, GLAD: The Gospel of 2nd Chance”

1:30p–2:30p

“From Cripple to Champion”

2:30p–3:30p

“Reversing Modern Killer Diseases with Fork and Knife”

Tuesday, March 13

7:00p-8:00p

Rochester *SDAC

*CHIP Information Session

SCHEDULE OF EVENTS

Thursday, March 15

Finding Better Health

at 125 LIVE

8:00a-3:30p

For registration, see reverse page

8:30a-9:30a

“Eat More, Weigh Less”

9:30a-10:30a

“The New Nutritional Approach to Type 2 Diabetes and Cardiovascular Disease”

10:45a-12:00p

“The Practice of Lifestyle Medicine—A Holistic Approach”

1:00p-2:00p

“Reversing Lifestyle-related Chronic Diseases. But How?”

2:00p-3:00p

“Treating Chronic Diseases Successfully: Our Experience”

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Instrument of Health and Healing

Rochester Public Library

7:00p-8:00p

“Fork and Knife: Weapons of Mass Destruction and Instrument of Health and Healing!”



Friday, March 16

Lifestyle Medicine Symposium

at 125LIVE

8:00a-3:30p

For registration, see reverse page

8:10a-9:10a

“Chronic Diseases: Limitations of and Opportunities for Modern Medicine”

9:10a-10:00a

“Evaluation and Treatment of Dementia”

10:15a-10:45a

“Stomp Out Chronic Diseases”

10:45a-12:00p

“Power Foods for the Brain”

1:00p-3:30p

“Clinical Application of Lifestyle Medicine in the Community and Corporate World”

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Community of Wellness Celebration Gala

Rochester Art Center

5:30p-9:00p

(Tickets required)

For more details, see reverse page



*SDAC = Seventh-day Adventist Church

*CHIP = Complete Health Improvement Program