



Community of Wellness  
Lifestyle Medicine:



The Compass to Your Well-Being

Friday, May 6, 2022

8:00 a.m. to 4:30 p.m.

Rochester Seventh Day Adventist Church

8:00 am to 8:15 am

Welcome and Introduction – *Denise Stegall, Mei Liu, Mayor Kim Norton*

8:15 am to 9:00 am

**Chronic Disease and the Lifestyle Medicine Rx: Perspectives from the Hospital** – *James Kosowicz, MD, Alina Health*

Objectives:

- Discuss the burden of chronic disease in the hospital
- Discuss misconceptions surrounding hospital care
- Discuss how imperative lifestyle medicine is for the well-being of our patients and healthcare system

9:00 am to 9:15 am

Break I

9:15 am to 10:00 am

**Lifestyle Medicine Keeps You Dancing** – *Jengyu Lai, DPM, Rochester Clinic*

Healthy feet allow proper body movements that are closely related to the basic pillars of a healthy lifestyle. Conversely, chronic conditions contribute to many common conditions in the lower extremities, such as heel pain and osteoarthritis. Diabetes has a profound impact on the feet, resulting in neuropathy and ulcerations. Diabetic foot ulcers (DFU) affect quality of life and increase mortality. Preventing DFU starts from preventing diabetes.

Objectives:

- To learn how foot health plays an important role in maintaining good health
- To learn how common chronic conditions affect lower extremities
- To learn the importance of diabetic foot care

10:00 am to 10:15 am

Break II

10:15 am to 11:00 am

**Nutrition and The Brain**, *Neil Nedley, MD, Nedley Clinic & Nedley Health Solutions*

Understand why the mechanism of common anti-depressants and anti-anxiety drugs limits their effects.

Objectives:

- Learn the role of nutrition and lifestyle in increasing mood enhancing neurotransmitters
- Learn the importance of carbohydrate and protein content of foods in improving brain neurotransmitter substrates

- Understand the role of anti-oxidants, oxidized cholesterol and arachidonic acid in brain health
- Learn why the role of nutrition and nutrient supplementation should now be considered mainstream medicine

### 11:00 am – 11:15 am

Break III

### 11:15 am to 12:00 pm

**The Lifestyle Medicine Practice: What is it and why should you consider it?** *Wayne Dysinger, MD, Lifestyle Medical*

Objectives:

- Understand the Lifestyle Medicine philosophy
- List how Lifestyle Medicine affects how a doctor thinks about working with patients
- Recite examples of patient stories that demonstrate the differences experienced in a Lifestyle Medicine practice

### 12:00 pm to 1:00 pm

Lunch Break

### 1:00 pm to 2:00 pm

**Take Care of Your Lifestyle and the Weight Will Take Care of Itself. Discover sustainable ways of maintaining the Healthy Weight.** – *Panel Discussion (Neil Nedley, MD; Wayne Dysinger, MD)*

Many factors, such as lifestyle choices, emotional eating, and food addiction, attribute to an abnormal weight gain. Understand why weight loss programs do not work. Learn from the experts about sustainable weight management.

Objectives:

- Gain a better understanding of food addiction
- Demonstrate why foods containing high salt, sugar and fat are addictive
- Demonstrate how a healthy lifestyle leads to a healthy weight

### 2:00 pm to 2:15 pm

Break I

### 2:15 pm to 3:00 pm

**Plant a Seed for Food Security: Be a Catalyst for Food System Change** - *Kelly Rae Kirkpatrick, MS, USGBC*

No one can predict the impact and trajectory of a successful project. The Seed Library at the Rochester Public Library has served as a catalyst for community food system outreach that fosters food justice and increased fresh food access.

Objectives:

- Learn the value of community programming through volunteer support
- Learn the value of reshaping the food system to promote food justice
- Learn steps you can take to become involved in community efforts to promote a healthy food system for all

### 3:00 pm to 3:15 pm

Break II

### 3:15 pm to 3:45 pm

Available Resources for Personal Wellness, Community Resilience, and Lifelong Health. It Starts Here!  
Discover the lifestyle medicine movement in our community. What are some available community resources that will help us adopt healthier lifestyles? Small steps will lead to remarkable outcomes.

Living Healthy List – Denise Stegall

PlantPure Communities Pod

Plant Based Rochester - Heather Acerro

Plant Based Living TC – Steve Thompson

East Side Evolution Pod - Celeste Knoff, Mary Larson

PB Crescendo - DeAnne Elo, Theresa Ditter

Nedley Anxiety and Depression Recovery Program (NADRP)

Rochester Clinic

Rochester SDA Church

Complete Health Improvement Program (CHIP) – Mei Liu, Mary Larson, Certified CHIP Facilitator

Farmer's Market

Greensted Microgreen – Jayne & Dean

Sustainable Communities

Mayor's Sustainability Pledge

Rochester Public Library and Seed Library – Free community activities

The Village Community Garden & Learning Center

University of Minnesota Extension – Urban Garden

Walk With a DOC – Jengyu Lai, DPM

Responsible Investing – Brian Koch, Financial Adviser of RBC Wealth Management

### 3:45 pm to 4:30 pm

Cooking Demonstration and Nutrition Q&A With the Nedley Duo — *Erica and Neil Nedley, MD*

Join us the healthy WFPB nutritious cooking demonstration and learn about the power of plant-based nutrition.

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

