



Community of Wellness Lifestyle Medicine:



The Compass to Your Well-Being

May 7, 2022

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

Rochester Seventh Day Adventist Church

1:30 pm to 1:45 pm

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

1:45 pm to 2:45 pm

When Stress or Problems Come Your Way: Avoiding and Treating PTSD, *Neil Nedley, MD*

Objectives:

- Understand keys to maintaining emotional intelligence under stressful situations.
- Discern how most problems can be categorized into one of three types and how each type of problem is solved differently
- Learn how to avoid PTSD and negative mental filters when undergoing loss or trauma
- Know best ways out of PTSD if it is already present
- Discover wellness principles that can improve brain chemistry and cognitive coping skills

2:45 pm to 3:00 pm

Break I

3:00 pm to 3:45 pm

Passion - The Driver of Your Well-being. What Matters to You? *Denise Stegall;*

Understand what passion is? Hear from our local experts about their passion or purpose in life. Share your passion and how that impacts the community resilience.

3:45 pm to 4:00 pm

Break II

4:00 pm to 5:00 pm

Nedley Depression and Anxiety Recovery Program (NDARP) and Optimize Your Brain (OYB) update and testimonial, *Erica and Neil Nedley, MD, Local NDARP Associated Directors and Facilitators*

Learn about what NDARP is?

Learn about what OYB is and how the program is successful applied to K-12 students.

How can this program effectively enhance emotional well-being?

Hear how local organizations adopt NDARP and the testimonials.

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

