Parish Health Ministry

# Refresh Your Soul 2020

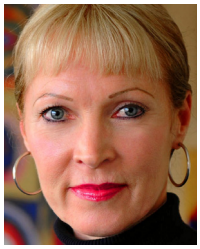
## Promoting Healthy Living

## Keynote Speaker: Nick Buettner

As a key researcher, Nick studied the world's Blue Zones, communities where elders live with optimal health and vitality to a record-setting age of 100 and beyond.

**Blue Zones: The 9 Power Lessons For Living Longer**
by Nick Buettner

**Sleep: An Important Ingredient for Brain Health**
by Jennifer Molano, MD



**When Helping Becomes Harmful**
by Kelly Rogan

**Connect, Engage and Enjoy – Little Things that Change Everything!**
by Dave Caperton

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### VIP SPEAKER LUNCHEONS

**Be Well: An Owner's Manual for Whole Health**
by Lauri Nandyal, MD

**The Blue Zones of Happiness**
by Nick Buettner

**Support vs. Enabling with Addiction**
by Kelly Rogan

# Save the Date

## Monday, March 16, 2020 • 9 a.m. – 3:15 p.m.

**Registration opens in mid November!**

Visit parishhealthministry.com/RYS • Questions, call 513.979.2246

Conference Location: The Cintas Center at Xavier University in Cincinnati

**Presented by Episcopal Retirement Services' Parish Health Ministry**

Contact Hours: For information about the approval status of contact hours, contact Rhonda Johnson at rjohnson@erslife.org.