

Parish Health Ministry
A service of Episcopal Retirement Services

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 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

VIP SPEAKER LUNCHEONS



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

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

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

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

For more information or to register, 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

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