

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](http://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

TITLE SPONSORS:



PRESENTING SPONSOR:



IN PARTNERSHIP WITH:



RIGHT TRIBE SPONSORS:

