

## DSCA Forum on Optimal Living

### Taking Charge of Your Health

#### Join Us for Another DSCA Forum in the Optimal Living Series

Learn more about the latest programs and initiatives to help you and your loved ones achieve a healthier lifestyle.

Hear informative presentations from the experts and then participate in an enlightening panel discussion.

**Wednesday, June 27, 2018**

**Buffet Lunch Included**

**At The Francis in Downtown Sarasota**

**1289 N Palm Avenue**

**Sarasota, FL 34236**

**9:30 AM: Registration, Check-In, and Sponsor Displays**

**10:15 AM: Welcome**

**10:30 AM: Segment 1 Presentations**

**11:50 PM: Buffet Lunch and Sponsor Displays**

**12:50 PM: Segment 2 Presentations**

**1:50 PM: Panel Discussion/Q&A**

**2:30 PM: Closing Remarks**

#### FORUM SPONSORS

Visit displays and meet with many local service providers to discuss the key issues in Achieving Optimal Living in Sarasota

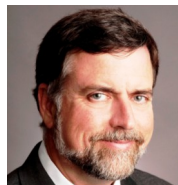
#### INFO & REGISTRATION

Registration Fee: \$20.00 for DSCA Members and \$30.00 for Non-Members.

For more information call (941) 357-6224. To Register go to the DSCA website and look for event instructions.

[www.downtownsarasotacondoassoc.com](http://www.downtownsarasotacondoassoc.com)

#### FORUM PRESENTERS



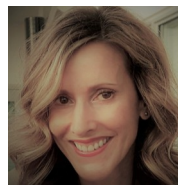
**John McCarthy**  
Executive Director  
Historic Spanish Point

**Forum MC & Panel Facilitator**



**Chippy Nalluri, M.D.**  
Cardiology Specialist  
Heart Specialists of Sarasota

**Topic: Reversing Heart Disease with Lifestyle Medicine**



**Jill Edwards, M.S., C.E.P.**  
Senior Program Manager  
T. Colin Campbell Center for Nutrition Studies

**Topic: Prevent & Reverse Type 2 Diabetes**



**Deniese Kragel**  
Certified Wellness Coach  
HealthFit (SMH)

**Topic: The Mind Body Connection Yoga & Meditation**



**Matthew Edlund, M.D.**  
Rest, Sleep & Regenerative Health Director  
Center for Circadian Medicine

**Topic: The Power of Rest**



**Nicci Kobritz**  
President  
Center for Brain Health/  
Youthful Aging Home Health

**Topic: The Impact of Your Diet on Brain Health**



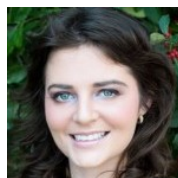
**Monica Bolbjerg, M.D.**  
CEO, Co-Founder  
Qure4U, Inc.

**Topic: Integrating Your Personal Medical Device Data**



**Ronald Aung-Din, M.D.**  
Neurology & Neuropsychiatry

**Topic: Ground-Breaking Programs and Possibilities of Medical Cannabis**



**Renee Legere**  
Community Educator  
Trulieve

**Topic: The Different Types and Forms of Medical Cannabis**