



## Midwest Health Initiative's Community Connections Agenda for December 4, 2024

**Wednesday, December 4, 2024**

**7:15 am Registration & Light Breakfast**

**7:45 am Welcome & Opening**  
**Eric Armbrecht, Ph.D., MS**  
*Professor and Senior Advisor to the President  
Saint Louis University*

**8:00 am Empowering Primary Care with Lifestyle Medicine: A Path to Better Health and Lower Costs**  
**Padmaja Patel, M.D.**  
*President  
American College of Lifestyle Medicine*

**8:45 am Reaction Panel**  
**Devyani Hunt, M.D.**  
*Medical Director  
The Washington University Living Well Center*  
**Thomas Landholt, M.D.**  
*Family Physician  
SSM Health*  
**Jordanna Riebel, Ph.D.**  
*Clinical Psychologist & Behavior Health Consultant  
Family Care Health Centers*

**9:15 am Audience Discussion**

**9:55 am Closing Remarks**  
**Laurel Pickering, MPH**  
*President & CEO  
Midwest Health Initiative and Saint Louis Area Business Health Coalition*