

LET THE **TRANSFORMATION** BEGIN



## ALL COLLEAGUE OPPORTUNITIES THREE DIFFERENT PRESENTATIONS

**Walking the Talk:  
Effective Wellness Strategies  
for Personal and  
Professional Excellence**

*For Colleagues Only*

**Wednesday, September 25**

9:30 - 11:00 pm  
Auditorium

**Thursday, September 26**

1:30 - 3:00 pm  
Cafeteria

An Interactive Presentation  
with Dr. Wes Youngberg at  
IU Health La Porte Hospital.

**Turning Your Good Genes On  
and Your Bad Genes Off:  
Mastering Your Genetic  
Risk with Lifestyle and  
Nutritional Medicine**

*Community*

**Wednesday, September 25**

5:30 - 6:30 pm  
Book Signing Opportunity

6:30 - 8:00 pm  
Presentation by  
Dr. Wes Youngberg

La Porte Civic Auditorium  
Free - No Reservation Needed.

**Goodbye Diabetes:  
The Lifestyle Medicine  
Approach to Defining,  
Detecting, Defying, and  
Defeating Diabetes**

*Continuing Medical Education  
& Continuing Education*

**Thursday, September 26**

6:00 - 6:45 pm  
Registration, Meet & Greet,  
and Buffet Dinner

7:00 - 8:30 pm  
CME/CEU Presentation

Blue Chip Casino, Hotel & Spa

Free to IU Health La Porte Hospital  
Colleagues; reservations required.

Contact Calyn Zahl, MBA, Medical Staff  
Coordinator, in the Medical Staff Office at  
[czahl@iuhealth.org](mailto:czahl@iuhealth.org) or call 219-326-2636.



**WES YOUNGBERG,**  
DrPH, MPH, CNS, FACLM

Dr. Wes Youngberg is a practicing clinical nutritionist and lifestyle medicine specialist in Southern California. He trained at Loma Linda University where he serves as assistant clinical professor for the Department of Preventive Medicine at the School of Medicine. Dr. Youngberg has over 20 years of experience using integrative therapies for diabetes control, depression, depression recovery, cardiovascular disease reversal, optimizing digestive health, and effective management of many chronic health conditions. He is founding director and fellow of the American College of Lifestyle Medicine. His new book Goodbye Diabetes is dedicated to all who are willing to do what it takes to reverse disease.

**Three IU Health La Porte Hospital  
Community & Professional Events!**



Indiana University Health