



# Can Finding Your *Purpose* Keep You Healthy?

It's a well-known school of thought that following your heart and finding your purpose in life leads to greater happiness, but did you know that it also makes you healthier?

*Join us for a lively discussion and learn how happy and healthy connect.*



Panel Discussion Moderated By:  
**Dale Kurschner**, Editor in Chief,  
Twin Cities Business

## Panelists

### **Richard Leider**

*Founder of Inventure – The Purpose Company*

### **Cindy Barnowski**

*VP-Health Services & Products, UnitedHealth Group*

### **Dr. Loie Lenarz**

*Medical Director, Clinician Professional Development  
Fairview Health Systems*

### **Don Smithmier**

*CEO & Founder, The Big Know*

**Wednesday, March 23**

**Edina Country Club**

5100 Wooddale Avenue South, Edina, MN 55435

11:00 a.m. | Registration  
11:30 a.m. | Program Begins  
1:00 p.m. | Event Concludes

Ticket Information: \$35 per person includes lunch

**Register Today** [edinachamber.com](http://edinachamber.com)

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