Thursday, October 8

4 p.m. Medical Alumni Association Annual Board Meeting
Location: MOCA Cleveland
11400 Euclid Ave., Cleveland, OH 44106

All School of Medicine alumni and their guests are invited to participate in the annual meeting of the Medical Alumni Association. Learn about and contribute to plans that promote alumni unity and support School of Medicine goals.

7 p.m. University Blue Block Party
Location: Toby’s Plaza at Uptown
11471 Euclid Ave., Cleveland, OH 44106

Join the campus community for a dynamic street festival with food, music and entertainment as we kick off Homecoming and Reunion weekend on Toby’s Plaza at Uptown arts and entertainment district. Creative blue attire encouraged!

Friday, October 9

9 a.m. Grab-and-Go Wellness Breakfast
Location: Richard F. Celeste Biomedical Research Building - Lobby
2109 Adelbert Rd., Cleveland, OH 44106

Start your day off right! Stop by the “BRB” and grab a healthy breakfast to go.

9:30 a.m. The Future of Patient Care: Our New Health Education Campus
Location: Richard F. Celeste Biomedical Research Building - Frohring Auditorium
2109 Adelbert Rd., Cleveland, OH 44106

Join us to learn about the future of patient care and how small group interprofessional learning at Case Western Reserve is preparing our medical, dental medicine, nursing and social work students to work in health care teams. After a brief presentation, climb aboard Cleveland’s own Lolly the Trolley for a short ride to the Frances Payne Bolton School of Nursing’s Dorothy Ebersbach Academic Center for Flight Nursing, then on to the site of the new Health Education Campus.
Noon  All Alumni Homecoming Luncheon
Location: Tinkham Veale University Center
11038 Bellflower Rd., Cleveland, OH 44106

Enjoy lunch with your fellow alumni, hear President Barbara R. Snyder's state of the university and see the 2015 University Alumni Association Awards presentation.

2 p.m.  Golden Medallion Ceremony
Location: Tinkham Veale University Center - Senior Class Room
11038 Bellflower Rd., Cleveland, OH 44106

Enjoy tea and refreshments as we celebrate all alumni who graduated in, or prior to, 1965 in honor of their 50-plus years of service as doctors. Alumni will be pinned with their anniversary medallions by members of the School of Medicine Class of 2019.

4 p.m.  Dean’s Distinguished Lecture: David Satcher, MD, PhD [MED ’70, GRS ’70]
Revisiting the Surgeon General’s Prescription: A Community of Health and Wellness
Location: Iris S. & Bert L. Wolstein Research Building - Auditorium
2103 Cornell Rd., Cleveland, OH, 44106

David Satcher, MD, PhD [MED ’70, GRS ’70], first released the Surgeon General’s Prescription for Health and Wellness in 1999 at the World Conference on Health Promotion and Disease Prevention. This prescription consists of recommended practices for healthy lifestyles, including physical activity, nutrition, avoidance of toxins, responsible sexual behavior and stress management. The World Health Organization (WHO) Commission on Social Determinants of Health, on which he served for four years, presented its report to the World Health Organization (WHO) in 2009 and WHO officially released it to the world shortly thereafter.

The social determinants of health are the conditions in which people are born, grow, learn, work, age and die. Factors such as education, income, environment, and violence are included. When viewed in the context of the social determinants of health, the Surgeon General’s Prescription must consider the opportunity that one has to engage in behaviors such as being physically active in a safe place, acquiring nutritious foods, or engaging in responsible sexual behavior. As stated in the Commission on Social Determinants of Health’s final report, changes in these conditions in which people live often require policy changes.

6:30 p.m.  Dean’s Welcome Back Gala
Location: Global Center for Health Innovation
1 St. Clair Ave. N.E., Cleveland, OH 44114

Join Dean Pamela B. Davis, MD, PhD, for a cocktail reception, dinner and dancing as we honor our reunion classes and present the 2015 Medical Alumni Awards. You won’t want to miss this evening of memories and merriment! Cocktail attire.
### Saturday, October 10

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tr>
<td>8:30 a.m.</td>
<td>Wellness Breakfast with Dean Davis</td>
<td>Iris S. &amp; Bert L. Wolstein Research Building - Lobby</td>
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<td><strong>Join Dean Pamela B. Davis, MD, PhD</strong> and your classmates to begin the day with a light and healthful breakfast and hear the latest news from your alma mater.</td>
<td>2103 Cornell Rd., Cleveland, OH, 44106</td>
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<td>10 a.m.</td>
<td>Wellness Break #1 — Chair Yoga</td>
<td>Iris S. &amp; Bert L. Wolstein Research Building - Auditorium</td>
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<td><strong>Learn and experience the benefits of some easy yoga moves you can do to relieve stress in the office, at home or on the go!</strong></td>
<td>2103 Cornell Rd., Cleveland, OH, 44106</td>
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<td>10:30 a.m.</td>
<td>Can Nutrition Reverse Cardiovascular Disease - Fact or Fiction?</td>
<td>Iris S. &amp; Bert L. Wolstein Research Building - Auditorium</td>
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<td><strong>Is a plant-based diet the best choice for a healthy heart? Is coronary artery disease found in cultures that don’t consume meat and dairy? What does the research say? Director of the Cardiovascular Disease Prevention and Reversal Program at the Cleveland Clinic Wellness Institute and author of <em>Prevent and Reverse Heart Disease</em> Caldwell B. Esselstyn, Jr., MD [MED '61], thinks the requiem for palliative cardiovascular medicine—with its high morbidity, mortality and expense—is long overdue. Join Dr. Esselstyn, a former U.S. Army surgeon, general surgeon and Olympic gold medalist, and his wife, Ann Crile Esselstyn, to see how whole-food, plant-based nutrition can end the cardiovascular disease epidemic.</strong></td>
<td>2103 Cornell Rd., Cleveland, OH, 44106</td>
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<td>Noon</td>
<td>Wellness Break #2 — Guided Meditation</td>
<td>Iris S. &amp; Bert L. Wolstein Research Building - Auditorium</td>
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<td><strong>Explore the connection between mind and body through a series of directed thoughts and suggestions that guide you toward a relaxed, yet focused, state.</strong></td>
<td>2103 Cornell Rd., Cleveland, OH, 44106</td>
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<td>12:30 p.m.</td>
<td>Real Food vs. Manufactured Calories</td>
<td>Iris S. &amp; Bert L. Wolstein Research Building - Auditorium</td>
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<td><strong>Roxanne Sukol, MD [MED '95], practices preventive medicine at the Cleveland Clinic Wellness Institute, serves as Medical Director for Cleveland Clinic’s Wellness Enterprise and authors the blog “Your Health is on Your Plate,” with more than 20 million hits. In this informative session, Dr. Sukol will teach you to distinguish between intact carbohydrates and stripped carbohydrates and to use analogies to help your patients understand how stripped carbs raise insulin demand. Also learn to identify high-quality protein sources and understand the dramatic distinction between nutritious fats and manufactured ones. According to Dr. Sukol, obesity is not an overindulged state—it’s a malnourished one!</strong></td>
<td>2103 Cornell Rd., Cleveland, OH, 44106</td>
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1 p.m. **School of Medicine White Coat Luncheon**
Location: Iris S. & Bert L. Wolstein Research Building - Patio 2103 Cornell Rd., Cleveland, OH, 44106

Mix, mingle and mentor current Case Western Reserve medical students while enjoying a healthy picnic-style lunch. Weather permitting, we will dine outside on the Wolstein patio.

2:30 p.m. **Explore the Circle**

Before leaving campus to get ready for the evening's class dinners, take the opportunity to explore beautiful University Circle. Or, if you prefer, hop aboard a School of Medicine shuttle and go explore the Cleveland Museum of Art, The Cleveland Botanical Gardens or Western Reserve Historical Society.

5 p.m. **Dean’s Society Soirée**
Location: The Ritz-Carlton Cleveland - 6th Floor Ballroom 1515 West Third St., Cleveland, OH 44113

Join [Dean Pamela B. Davis, MD, PhD](mailto:), along with alumni and friends of the School of Medicine for a special reception honoring our leadership donors, scholarship supporters and our grand class alumni (those who graduated in or before 1965).

6:30 p.m. **Reunion Class Dinners and Class Photos**
Location: The Ritz-Carlton Cleveland - Various Rooms 1515 West Third St., Cleveland, OH 44113

Start the evening with an all-class cocktail reception, then retreat with your classmates to catch up and enjoy a private class dinner. For many alumni, these dinners are the highlight of reunion weekend! Professional class photos will be taken during your class dinner.