

Thrive

Mental Health & Lifestyle Medicine Symposium Andrews University

THEME: *AI, Social Media and Implications for Mental Health & Lifestyle Medicine*

September 10-13, 2026

Day 1: Thursday, September 10, 2026

Plenary Session @ 5:00pm on Chatbot vs
Human Therapists, Newbold Auditorium

Light refreshments will be served at 4:30 p.m.

Day 2: Friday, September 11, 2026

Sessions @9:30 a.m. –12:30 p.m. & 1:00 p.m. – 3:30
p.m., Buller Hall and Nethery Hall

Light breakfast will be served at 8:45 a.m.

Day 3: Sabbath, September 12, 2026

Faith-based Approaches to Mental Health and
Chronic Disease @9:00 a.m. & 11:45 a.m.,
Pioneer Memorial Church.

Live stream will be available on PMC's website.

Day 4: Sunday, September 13, 2026

Culinary Demonstration 10:00 a.m. – 12:00 p.m.,
Andreason Center for Wellness (ACW)

Herbs and Spices for Diabetes & Neurological Disorders
Demonstration, 11:00 a.m. – 12:00 p.m, ACW

Co-Curricular Credit Available.

External Guest Presenters:

Dr. Ron Stout
Dr. Roger Seheult

Dr. Eric Walsh
Dr. Michael Hess

Steven Mauro,
LMFT



**Register
Here!**

Select sessions will be live streamed.

Sponsors:

Andrews  University

Counseling & Testing Center

College of Health & Human Services
Title III U.S. Department of Education
School of Social & Behavioral Sciences