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Community Foundation

presents

THE

NEW ALBANY LECTURE

SERIES

{ 10th Anniversary Season ~ 2022-2023 }

DEEPAK CHOPRA, MD

Pioneer in Integrative Medicine and
Personal Transformation
Bestselling Author

October 18, 2022

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An Evening with
DEEPAK CHOPRA, MD

Interviewed by
ANDREW THOMAS, MD

7:00 p.m.

OPENING

SARA AND RICK MERSHAD

PROGRAM

DEEPAK CHOPRA, MD

*Pioneer in Integrative Medicine and Personal Transformation
Bestselling Author*

ANDREW THOMAS, MD

*Interim Co-Leader
Wolfe Foundation Chief Clinical Officer
The Ohio State University Wexner Medical Center*

AUDIENCE QUESTIONS & ANSWERS

Thank you to our sponsors of this evening's New Albany Lecture Series program

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A limited number of listening devices for the hearing impaired are available for tonight's New Albany Lecture Series program. Devices can be used with headphones or the option of a neck loop to be used with hearing aids. Devices can be retrieved from the box office in exchange for a driver's license or similar form of ID and must be returned to the box office at the end of the program. Please see an usher or visit the box office if you have any questions.

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Dear Friends,

Tonight we welcome a living legend, Dr. Deepak Chopra, to help us usher in the 10th season of The New Albany Lecture Series. Thank you for joining us for this exciting lecture that has been met with such enthusiasm. In fact, this lecture is one of our most popular to date, selling out in only a few days! We are deeply grateful to the Mershad Family, whose generous gift enabled us to bring Dr. Chopra to New Albany.

The Foundation launched the lecture series in 2014 with the colorful T. Boone Pickens, followed by stimulating programs with Doris Kearns Goodwin and Fareed Zakaria. Back then, the Foundation board established an ambitious goal -- to have one of the premier lecture series in the country. 10 years later, based on benchmarking, we believe that The New Albany Lecture Series is among the very best lecture series in the country. This is only made possible through the generosity of hundreds of sponsors and donors.



Foundation Board Chair Michael DeAscentis, Jr. presents T. Boone Pickens, who was an Oklahoma State University super booster, with a football jersey for another OSU, The Ohio State University.

Beyond the outstanding speakers we have hosted through the years, I'm especially proud of how we have addressed some of the most difficult issues confronting our society. These include mental well-being, social justice, national security and civil discourse. And more than 27,000 central Ohio students have had the unique opportunity to interact with some of the most influential thought leaders of our time. Among them were Nobel Prize winners, Pulitzer Prize winners and Olympic gold medal winners.

We remain committed to promoting lifelong learning and we thank you for supporting the Foundation and the lecture series!

With appreciation,

Craig Mohre, President
The New Albany Community Foundation

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SERIES

{ 10th Anniversary Season ~ 2022-2023 }

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DEEPAK CHOPRA, MD

*Pioneer in Integrative Medicine and Personal Transformation
Bestselling Author*

DEEPAK CHOPRA™ MD, FACP, founder of The Chopra Foundation, a non-profit entity for research on well-being and humanitarianism, and Chopra Global, a modern-day health company at the intersection of science and spirituality, is a world-renowned pioneer in integrative medicine and personal transformation.



Chopra is an Adjunct Professor of Urology at Mount Sinai, Professor of Internal Medicine at University of Central Florida, Clinical Professor of Family Medicine and Public Health at the University of California, San Diego and serves as a senior scientist with Gallup Organization.

He is the author of over 90 books translated into over forty-three languages, including numerous *New York Times* bestsellers. His latest book, *Abundance – The Inner Path to Wealth* unlocks how you can cultivate a sense of abundance in times of fear and insecurity.

TIME magazine has described Dr. Chopra as “one of the top 100 heroes and icons of the century.”

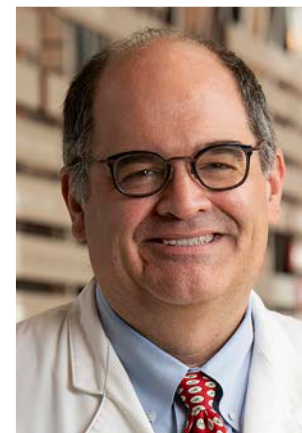
deepakchopra.com

ANDREW THOMAS, MD

Interim Co-Leader

Wolfe Foundation Chief Clinical Officer

The Ohio State University Wexner Medical Center



ANDREW THOMAS, MD, MBA, FACP, serves as the interim co-leader and chief clinical officer for The Ohio State University Wexner Medical Center. He is responsible for all patient care services and medical staff administration.

In his role, he collaborates with other medical center leaders to guide organizational strategy and implement institution-wide initiatives related to clinical operations, population health, outreach, graduate medical education (GME), clinical practice transformation, quality, patient safety and patient experience with a focus on the alignment and integration across Ohio State's hospitals, physicians and advanced practice providers.



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CARTER MINOR

New Albany High School Student



CARTER MINOR, is a Senior at New Albany High School and holds many leadership positions, as well as being an active member in his community.

He founded the New Albany Black Student Association to foster growth and celebration within the school, community, and district. Carter also prompted drastic change in his school district through papers he wrote campaigning to modify the English curriculum to be more inclusive.

Carter now serves as Treasurer of the New Albany High School National Honors Society, and Regional Teen President of the Midwest in Jack and Jill of America.

Thank you to Carter Minor for introducing Dr. Chopra at the Student Lecture earlier today.

**“To learn, you have to listen.
To improve, you have to try.”**

- Thomas Jefferson

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DR. CHOPRA'S VISIT MADE POSSIBLE BY GENEROUS NEW ALBANY FAMILY



Past, present and future coalesce tonight when the legendary Deepak Chopra, MD, kicks off the 10th anniversary season of The New Albany Lecture Series, an evening made possible with generous support from the Mershad Family Foundation.

The appearance of the renowned author and alternative medicine pioneer fulfills a long-held dream of Sara Mershad to introduce the wellbeing guru to the community she loves. "When we learned that The Foundation wanted to bring Chopra to New Albany we were beyond thrilled to support his appearance," said Sara.

Rick and Sara Mershad have a 24-year history of embracing New Albany and contributing to its family-friendly environment with community engagement and support for wellness initiatives. The couple's latest support through The Foundation will give attendees tools for living their lives more abundantly for many tomorrows.

Dr. Andrew Thomas, Interim Co-Leader and Wolfe Foundation Chief Clinical Officer at The Ohio State University Wexner Medical Center, will interview Chopra on stage for tonight's event.

Sara's passion for practicing meditation and yoga, with a focus on gratitude and staying present, has prompted the Mershads to seek ways to share the health benefits they have witnessed with others.

She sees mindfulness as the transformative lesson of Chopra as well as world-renowned yoga instructors, authors and integrative health advocates Colleen Saidman Yee and Rodney Yee. The Mershads brought the creators of Urban Zen Integrative Therapy with Donna Karan to New Albany's Jeanne B. McCoy Community Center for the Arts in 2019.

"In challenging times of elusive mental health for some, we sincerely hope Dr. Chopra's message of cultivating abundance to counterbalance fear and insecurity will be the balm that many families desperately need," Sara said.

"New Albany has given Sara and me so much opportunity and enriched our lives more than we could have expected when we moved here to raise our family," Rick Mershad said. "We are grateful to be able to give back to this community that has blessed us so abundantly."



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THE STUDENT LECTURE SERIES

More than 27,000 students from New Albany and 50 other central Ohio schools have interacted with Foundation speakers as part of **The New Albany Lecture Series**.

Earlier today the Foundation hosted over 800 students at the Jeanne B. McCoy Community Center for the Arts for **The Student Lecture Series** featuring Dr. Deepak Chopra. The lecture was also live streamed allowing thousands of additional central Ohio students to participate virtually from their schools.

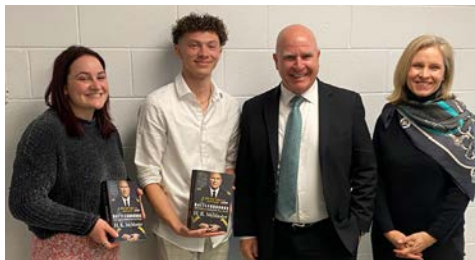
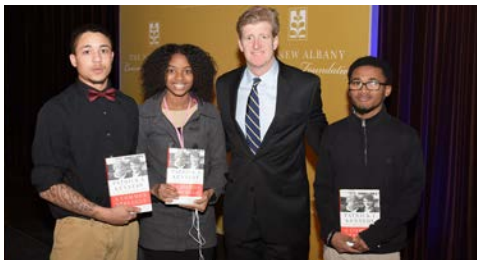
In response to its donors' desire to support The Student Lecture Series, The New Albany Community Foundation established **The Lifelong Learning Circle**. Visit newalbanyfoundation.org to become a member of The Lifelong Learning Circle and help the Foundation underwrite the cost of the series so that central Ohio students can benefit from these programs.

Thank you to the members of the 2022-2023 Lifelong Learning Circle who help provide student access to inspiring speakers:

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How you can support

THE NEW ALBANY LECTURE SERIES

{ 10th Anniversary Season ~ 2022-2023 }

A priority for the Foundation moving forward is to endow The New Albany Lecture Series. This will enable the Foundation to continue to present high-quality speakers while keeping lectures accessible to the entire community, including students, senior citizens and veterans. Additionally, endowing The New Albany Lecture Series would allow the Foundation to continue to invest in other transformative projects and initiatives in the community. Already, several families have established endowment funds to support the series.

If you are interested in establishing a fund or simply making a contribution to The New Albany Lecture Series Endowment Fund, please contact Craig Mohre at 614-939-8150 or craigmohre@newalbanyfoundation.org to support The New Albany Community Foundation's programming.



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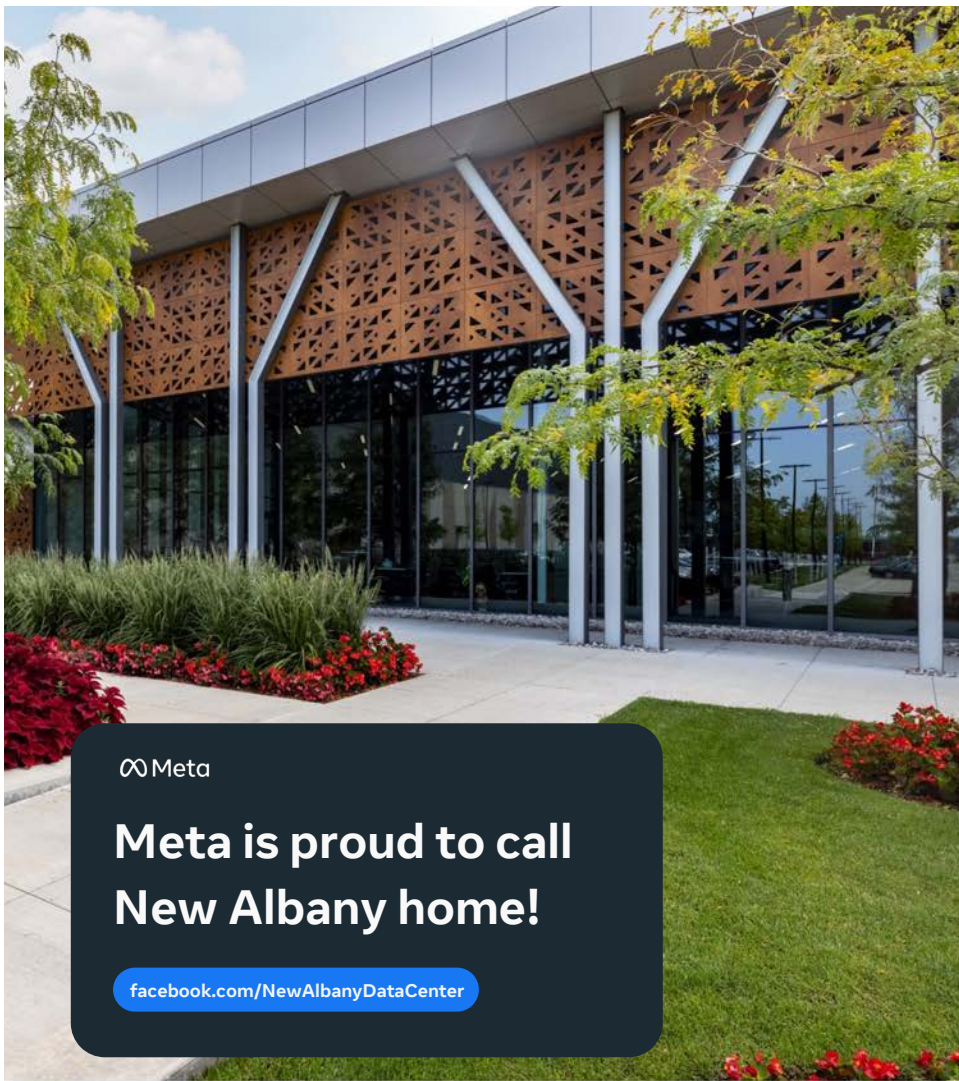
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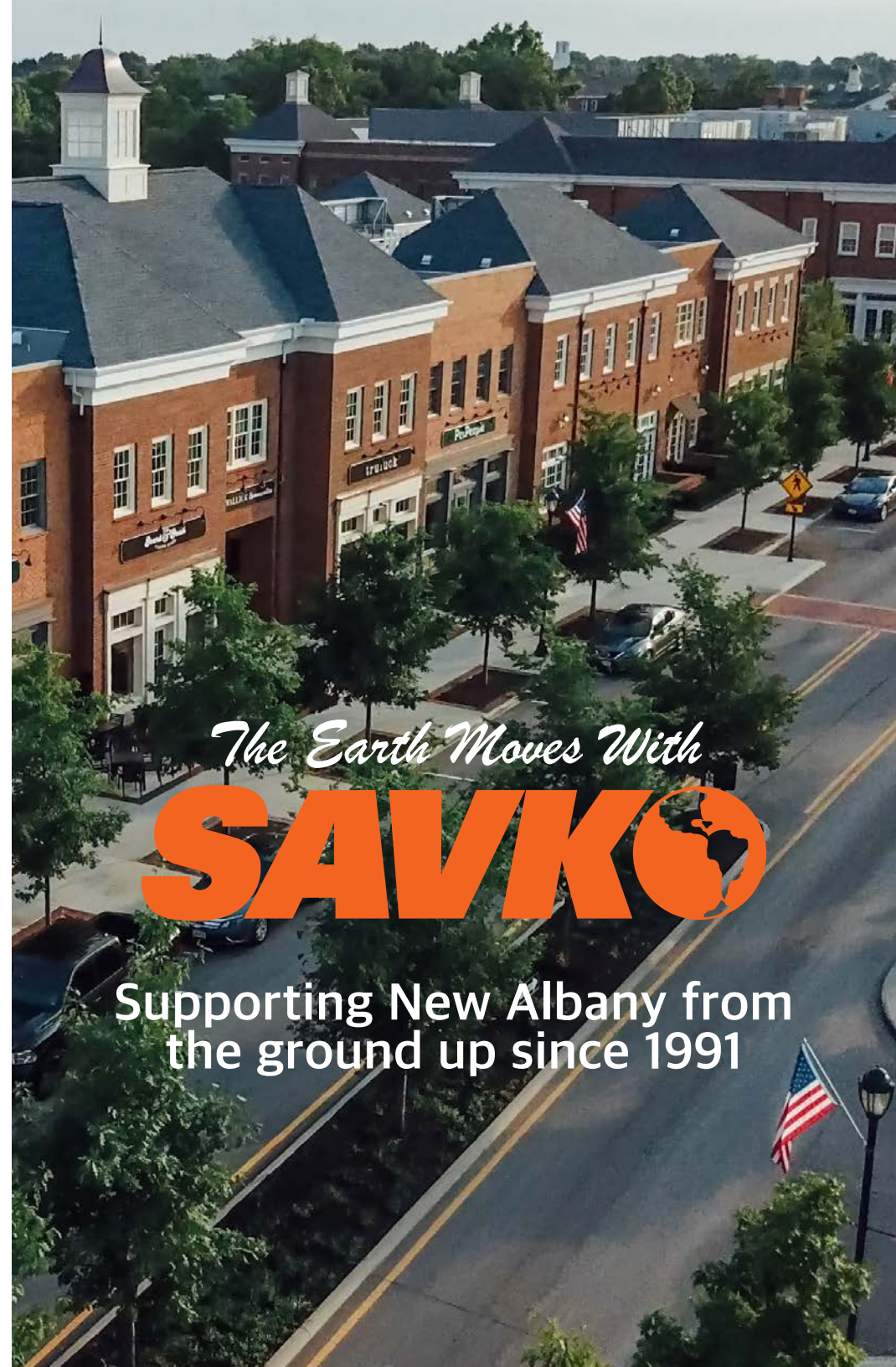
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For more information on Remarkable Evening contact Craig Mohre at
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Thank you to Carter Minor, New Albany High School student, for introducing our speaker at the student lecture today.

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16



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8



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JUNE
6



Moderated by
Jim Sciutto
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Deepak Chopra, MD
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Interviewed by
Andrew Thomas, MD
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Health & Well-Being

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