



New KET Forum explores simple changes that can impact overall health

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On *The Wellness Shift: A KET Forum*, hosted by Christie Dutton, health and wellness experts explore simple, science-backed changes in diet and daily movement that can lead to lasting improvements in overall well-being. Powerful personal stories and innovative community programs highlight real people making small adjustments with big results.

Guests include:

- Angela Dearing, M.D., executive vice-dean at the University of Kentucky College of Medicine
- Jennifer Truman, D.N.P., A.P.R.N., Bariatrics and Weight Management, Norton Healthcare
- Fred Williams, M.D., endocrinologist
- Carrie Davidson, Ed.D., health and wellness fitness manager at the University of Kentucky.

A 2025 KET production.

Seniors and Medication: A Next Chapter Forum

KET Monday, Sept. 29 • 8/7 pm

Watch on-demand at [KET.org](https://ket.org) and the PBS App

The Wellness Shift: A KET Forum is funded in part by the Kentucky Medical Association.

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CONTACT:

Katherine Mueller-White
Magazine Editor and Sr. Publicist
(859) 258-7491 | kmueller@ket.org