HEALTHY LIVING PROGRAM
FOR PHYSICIANS
An immersive experience that will benefit you and your patients

DON’T DELAY, LIMITED TO 15 SPACES PER SESSION!

DAN ABRAHAM HEALTHY LIVING CENTER
ROCHESTER, MINNESOTA
2018 DATES: JANUARY 11–13 / MARCH 8–10
JUNE 7–9 / AUGUST 9–11 / OCTOBER 25–27
COURSE HIGHLIGHTS
Join us for an immersive experience based on the Mayo Clinic Healthy Living Program principles. At this course you will learn how lifestyle medicine can prevent and treat chronic disease and improve quality of life. Unlike traditional CME that uses classroom-based formats to educate physicians, this course offers active, hands-on learning.

- Evidence-based comprehensive wellness program
- Experience a personal physical activity assessment, which includes: body composition scan, cardiovascular stress test, movement assessment, strength assessment, physician-led assessment review and a cardiovascular and resistance training plan
- Small group sessions, only 15 spaces available per session
- One-on-one session with wellness experts: physicians, wellness physical therapists, wellness exercise specialists, certified wellness coaches and dietitians
- Learn how to guide your patients on their own wellness journey
- Lodging accommodations included with registration

TARGET AUDIENCE
Physicians practicing in internal medicine, primary care, preventive medicine, concierge medicine, cardiovascular medicine, endocrinology, and any health care professional interested in health and wellness.

LEARNING OBJECTIVES
Upon conclusion of this program, participants should be able to:
- Recognize the relationship between health behaviors, chronic disease and the quality of life.
- Assess patient wellness in their own clinical practice.
- Create their own individualized wellness plan.
- Demonstrate tracking health behaviors.

REGISTRATION
Call 507-293-2933 to register.
For more information, visit HEALTHLIVING.MAYOCLINIC.ORG/PHYSICIANCME

REGISTRATION FEES
$3,900 USD Registration and Lodging (per person)
$3,400 USD Registration and Shared Lodging with a partner (two registrants required)
$3,400 USD Registration only (no Lodging, per person)

$500 Deposit is due at registration. Fees include tuition, accommodations at a local hotel (when applicable), breakfast, break refreshments, lunch, reception, electronic syllabus and other educational course materials.
GUEST TESTIMONIALS

“This was a wonderful learning experience for me regarding my own health and the opportunities open to our patients to optimize their wellbeing.”

“Excellent program. We all need to project and to pursue happiness based on the knowledge received during this seminar. Excellent organization, impeccable location, wonderful staff and wonderful educational material.”

PROGRAM AT-A-GLANCE

Day 1
- Overview and Tour
- Optimized Assessments
- 1:1 with Wellness Coach
- NEAT: Sit Less, Move More
- Burnout & HLP Philosophy on Resiliency
- Coaching and Individual Wellness
- Relaxation & Libations – A Social Hour

Day 2
- Nutrition Controversies
- SMART: Stress Management & Resiliency Training
- Weight Loss: Eat Less, Exercise More, but How?
- Cooking Well
- Complementary and Integrative Medicine
- HLP Physical Activity Philosophy and Practice
- Acupressure and Yoga

Day 3
- Tools and Tracking
- Physician Burnout and the Physician Health Center
- Electives: Pilates, Healthy Sleep, 1:1 with an RD
- 1:1 with Wellness Coach
- Social Support & Social Networks
- Making Wellness Work for You and Your Patients

CREDIT

Mayo Clinic College of Medicine and Science is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 23.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM MOC: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 23.5 MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Other Health Care Professionals: A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.
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“This conference was more than outstanding. Words cannot express how much it has changed my life. I am excited to go out into the world and implement the principles I learned!”

– 2017 course participant