



# Mayo Clinic Healthy Living Program

## THURSDAY, DAY 1

6:45 am Report to 6 <sup>th</sup> floor Desk	<b>Check-In/Breakfast</b>	
7:00-7:15 am	<b>Overview with Breakfast</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>  <i>HLP Dining Room</i>	
7:15-7:30 am	<b>Tour – 4-7 floor or DHLP</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>  <i>HLP Dining Room</i>	
7:30-8:15 am	<b>Physician Burnout and the Physician Health Center</b> <i>Greg Couser, M.D., M.P.H.</i> <i>Donald D. Hensrud, M.D.</i>  <i>HLP Dining Room</i>	
8:15-8:30 am	<b>Locker Room</b> <i>Change for Assessments</i>  5 <sup>th</sup> floor	
8:30 am-1:00 pm	<b>Optimized Assessments</b> <i>*Report to 5<sup>th</sup> floor desk <u>at 8:30 am</u> (in workout clothes)</i> <ul style="list-style-type: none"> <li>- stress testing</li> <li>- body composition scan</li> <li>- movement screen</li> <li>- strength testing</li> </ul> <b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	8:30-9:20 am DA 6-210 <b>Coaching and Individual Wellness</b> <i>Wellness Coach</i>
		9:30-10:20 am DA 6-227 <b>NEAT: Sit Less, Move More</b> <i>Warren G. Thompson, M.D.</i>
		10:30-12:20 pm DA 6-225 <b>Burnout and HLP Philosophy on Resiliency</b> <i>Matthew M. Clark, Ph.D., L.P.</i>
		12:30-12:45 pm <b>Locker Room/Personal Time</b> <i>Change for Assessments</i>
12:45 – 1:00 pm	<b>Lunch Buffet Open</b>	
1:00-1:50 pm	<b>Lunch Presentation: HLP Philosophy on Nutrition</b> <i>Donald D. Hensrud, M.D., M.P.H.</i>  <i>HLP Dining Room</i>	

*\*Schedule continues on next page*

1:50 – 2:00 pm	Transition	
2:00 pm - 6:30 pm	2:00-2:30 p.m. <b>Personal Time</b>	<b>2:00 pm Optimized Assessments</b> <i>*Report to 5<sup>th</sup> floor desk <b>at 2:00 pm</b> (in workout clothes)</i> <ul style="list-style-type: none"> <li>- stress testing</li> <li>- body composition scan</li> <li>- movement screen</li> <li>- strength testing</li> </ul> <b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk
	2:30-3:20 pm DA 6-227 <b>NEAT: Sit Less, Move More</b> <i>Warren G. Thompson, M.D.</i>	
	3:30-5:20 pm DA 6-225 <b>Burnout and HLP Philosophy on Resiliency</b> <i>Matthew M. Clark, Ph.D., L.P.</i>	
	5:30-6:20 pm DA 6-210 <b>Coaching and Individual Wellness</b> <i>Wellness Coach</i>	
6:30 pm	<b>Adjourn / Locker room / Personal Time until 7:00 pm</b>	

## FRIDAY, DAY 2

7:00-7:30 am	<b>Breakfast</b> <i>HLP Dining Room</i>
7:30-8:20 am	<b>Nutrition Controversies</b> <i>Donald D. Hensrud, M.D., M.P.H.</i>  <i>HLP Dining Room</i>
8:30-9:50 am	<b>Stress Management and Resiliency</b> <i>Christopher (Kit) Anstine, M.D.</i>  <i>HLP Dining Room</i>
10-11:45 am	<b>Weight Loss: Eat Less, Exercise More, But How?</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>  <i>HLP Dining Room</i>
11:45-12:00 pm	<b>Open</b>
12:00 pm-1:20 pm	<b>Lunch: Cooking Well</b> <i>Jennifer A. Welper, CEC</i> <i>Wellness Registered Dietician</i>
1:30-2:20 pm	<b>Integrative Medicine and Health</b> <i>TBD</i>



	<i>HLP Dining Room</i>
2:30-4:20 pm	<p><b>HLP Physical Activity Philosophy and Practice</b> (wear workout clothes)  <i>Warren G. Thompson, M.D.</i>  <i>Wellness Exercise Specialist</i>  <i>Wellness Physical Therapist</i></p> <p><i>HLP Dining Room</i></p>
4:30-5:20 pm DA 6-224	<p><b>Yoga</b>  <i>Chris M. Armstrong, RYT 500</i></p>
5:30 pm	<b>Adjourn / Locker room / Personal Time</b>



## SATURDAY, DAY 3

7:00-7:20 am	<b>Breakfast</b> <i>HLP Dining Room</i>		
7:30-8:20 am	<b>Tools and Tracking</b> <i>Thom M. Rieck, Wellness Exercise Specialist</i> <i>Wellness Registered Dietician</i>  <i>HLP Dining Room</i>		
8:30-9:05 am	<b>Debriefing Wellness Coaching</b> <i>Wellness Coach</i>  <i>HLP Dining Room</i>		
<b>BREAKOUTS</b>	<b>Tracks 1-5</b>	<b>Tracks 6-10</b>	<b>Tracks 11-15</b>
9:20-10:10 am	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	<b>Elective</b> (see below)	<b>Elective</b> (see below)
10:20-11:10 am	<b>Elective</b> (see below)  On first day, make their selections and would be scheduled by the desk	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	<b>Elective</b> (see below)
11:20 am-12:10 pm	<b>Elective</b> (see below)	<b>Elective</b> (see below)	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk
12:10-12:50 p.m.	<b>Lunch / Locker room / Personal Time</b>		
12:50-1:50 pm	<b>Social Support &amp; Social Networks</b> <i>Matthew M. Clark, Ph.D., L.P.</i>  <i>HLP Dining Room</i>		
1:50-2:25 pm	<b>Making Wellness Work for You and Your Patients</b> <i>Matthew M. Clark, Ph.D., L.P.</i> <i>Donald D. Hensrud, M.D., M.P.H,</i> <i>Warren G. Thompson, M.D.</i>  <i>HLP Dining Room</i>		
2:25 pm	<b>Adjourn / Locker room / Personal Time</b>		

\*Available Electives include (sign up on site):



- Pilates (wear workout clothes) - can only have 3 participants DA 6-226
- Healthy Sleep DA 6-212
- Navigating the Confusing World of Nutrition DA 6-107

