



## On-Demand Material

Watch content on your own, prior to attending the Livestream Learning Session

Submit questions as you review the on-demand content in the Learning Platform.

1. Course Dashboard
2. Select **HLP Submit a Question**
3. Complete the form
4. Questions will be discussed at the Livestream Learning Session

### Overview (30 min)

*Donald D. Hensrud, M.D., M.P.H.*

*Warren G. Thompson, M.D.*

### Introduction to Coaching (30 min)

*Kristin S. Vickers, Ph.D., L.P.*

### HLP Philosophy on Nutrition (60 min)

*Donald D. Hensrud, M.D., M.P.H.*

### Burnout and HLP Philosophy on Resiliency (60 min)

*Matthew M. Clark, Ph.D., L.P.*

### Social Support & Social Networks (30 min)

*Matthew M. Clark, Ph.D., L.P.*

### NEAT: Sit Less, Move More (60 min)

*Warren G. Thompson, M.D.*

### Nutrition Controversies (60 min)

*Donald D. Hensrud, M.D., M.P.H.*

### Weight Loss: Eat Less, Exercise More, But How? (120 min)

*Donald D. Hensrud, M.D., M.P.H.*

*Warren G. Thompson, M.D.*

### HLP Physical Activity Philosophy (120 min)

*Warren G. Thompson, M.D.*

*Thom M. Rieck, Wellness Exercise Specialist*

### Tools and Tracking (60 min)

*Thom M. Rieck, Wellness Exercise Specialist*

*Jason Ewoldt, MS, RDN, LD Wellness Registered Dietician*

### Physician Burnout and the Physician Health Center (15 min)

*Phil T. Hagen, M.D.*

*Donald D. Hensrud, M.D.*

### Making Wellness Work for You and Your Patients (15 min)

*Matthew M. Clark, Ph.D., L.P.*

*Donald D. Hensrud, M.D., M.P.H.*

*Warren G. Thompson, M.D.*

## Optimized Assessments Schedule with Healthy Living Program for Physicians

Staff from the Healthy Living Program for Physicians will contact you to schedule the Optimized Assessments and Wellness Coaching. It is recommended Optimized Assessments are complete prior to the Livestream Learning Session.

Optimized Assessments are scheduled in-person at Mayo Clinic Dan Abraham Healthy Living Center, Rochester, MN. Amount of time noted below is estimate

- Stress Testing (45 min)
- Body Composition Scan (60 min no CME credit)
- Movement Screen (45 min)
- Strength Testing (30 min)
- Review results, apply to patient care (30 min)

## Wellness Coaching Schedule with Healthy Living Program for Physicians

Staff from the Healthy Living Program for Physicians will contact you to schedule the Wellness Coaching sessions. It is recommended Wellness Coaching sessions are complete prior to the Livestream Learning Session.

Optimized Assessments are scheduled Livestream using Zoom meeting. Amount of time noted below is estimate

- Session 1 (30 min)
- Session 2 (30 min)

## Livestream Learning Session Register to attend one session

Dates Available      April 9, 2021  
                                 June 25, 2021  
                                 August 27, 2021  
                                 November 12, 2021

Learner will register for the Livestream Learning Session they will attend.  
Times listed are Central Time

10:45 – 11:45 am    **SMART: Stress Management and Resiliency Training (60 min)**  
*Debbie L. Fuehrer, M.A., L.P.C.C.*

11:45 am – 12:00 pm    **Transition** (no credit requested)

12:00 – 1:30 pm    **Healthy Living Panel (90 min)**  
*Matthew M. Clark, Ph.D., L.P.*  
*Donald D. Hensrud, M.D., M.P.H.*  
*Warren G. Thompson, M.D.*

