

# PROGRAM SCHEDULE

FRIDAY, SEPTEMBER 9, 2016

7:00-7:30 a.m.	<b>Registration and Continental Breakfast</b>
7:30-8:00 a.m.	<b>Introduction and Overview of Fibromyalgia at Mayo Clinic</b>
8:00-8:45 a.m.	<b>Clinical Review of Fibromyalgia</b>
8:45-9:30 a.m.	<b>Relaxation &amp; Mindfulness</b>
9:30- 9:45 a.m.	<b>Break</b>
9:45 a.m.- 12:00 p.m.	<b>Concurrent Breakout Sessions</b> (45 minutes each)
12:00-1:00 p.m.	<b>Lunch/Q&amp;A</b>
1:00-2:30 p.m.	<b>Concurrent Small Group Discussions</b> (30 minutes each)
2:30-2:45 p.m.	<b>Break</b>
2:45-4:15 p.m.	<b>Concurrent Small Group Discussions</b> (30 minutes each)
4:15-4:30 p.m.	<b>Audience Response and Closing Remarks</b>
4:30 p.m.	<b>Adjourn</b>

## Management of Fibromyalgia Topics:

- Physical Therapy
- Occupational Therapy
- Biofeedback

## Management of Fibromyalgia Topics:

- Medication Management
- Diagnostic Session
- Psychiatry/CBT/Wellness
- Exercise & Sleep Hygiene
- Pain Rehabilitation
- Integrative Medicine and Health

