



Mayo Clinic Healthy Living Program

THURSDAY, July 28, 2022

6:45 am Report to 6 th floor Desk	Check-In/Breakfast	
7:00-7:15 am (15 min)	Overview with Breakfast <i>Donald D. Hensrud, M.D., M.S.</i> <i>Warren G. Thompson, M.D.</i>	
7:15-7:30 am	Tour – 4-7 floors of HLP <i>Donald D. Hensrud, M.D., M.S.</i> <i>Warren G. Thompson, M.D.</i>	
7:30-8:15 am	Physician Health: When the Physician is a Patient and Preventive Mental Health for Physicians <i>Greg Couser, M.D., M.P.H.</i>	
8:15-8:30 am	Locker Room <i>Change for Assessments</i> 5 th floor	
8:30 am-1:00 pm	Optimized Assessments - Stress Testing - Movement screen - Strength testing - Review results - Body composition scan Experience Wellness Coaching (Session 1)	8:30-9:20 am Coaching and Individual Wellness <i>Karleah Bradley, NBC-HWC</i>
		9:30-10:20 am NEAT: Sit Less, Move More <i>Warren G. Thompson, M.D.</i>
		10:30-12:20 pm Burnout and HLP Philosophy on Resiliency <i>Jamie Friend, NBC-HWC</i>
		12:30-12:45 pm Locker Room/Personal Time <i>Change for Assessments</i>
12:45 – 1:00 pm	Lunch Buffet Open	
1:00-1:50 pm	Lunch Presentation: HLP Philosophy on Nutrition <i>Donald D. Hensrud, M.D., M.S.</i>	
1:50 – 2:00 pm	Transition	
2:00 pm - 6:30 pm	2:00-2:30 p.m. Personal Time	2:00 pm Optimized Assessments - stress testing - body composition scan

*Schedule continues on next page

	2:30-3:20 pm NEAT: Sit Less, Move More <i>Warren G. Thompson, M.D.</i>	<ul style="list-style-type: none"> - movement screen - strength testing Experience Wellness Coaching (See Above)
	3:30-5:20 pm Burnout and HLP Philosophy on Resiliency <i>Jamie Friend, NBC-HWC</i>	
	5:30-6:20 pm Coaching and Individual Wellness <i>Karleah Bradley, NBC-HWC</i>	
6:30 pm	Adjourn / Locker room / Personal Time until 7:00 pm	

FRIDAY, July 29, 2022

7:00-7:30 am	Breakfast
7:30-8:20 am	Nutrition Controversies <i>Donald D. Hensrud, M.D., M.S.</i>
8:30-9:50 am	Stress Management and Resiliency <i>Christopher (Kit) Anstine, M.D.</i>
10-11:45 am	Weight Loss: Eat Less, Exercise More, But How? <i>Donald D. Hensrud, M.D., M.S.</i> <i>Warren G. Thompson, M.D.</i>
11:45-12:00 pm	Open
12:00 pm-1:20 pm	Lunch: Cooking Well <i>Jennifer A. Welper, CEC</i> <i>Wellness Executive Chef</i>
1:30-2:20 pm	Integrative Medicine and Health <i>Jason Calva, Ph.D, L.Ac.</i> <i>Angela Hazelton, ACSM-CEP</i>
2:30-4:20 pm	HLP Physical Activity Philosophy and Practice <i>Warren G. Thompson, M.D.</i> <i>Angela Hazelton, ACSM-CEP</i> <i>Jill Henderzahn-Mason, P.T., D.P.T., OCS</i> <i>Alicia Lalim, ACSM-RCEP</i> <i>Thom Rieck, CSCS, CRAT</i>
4:30-5:20 pm	Experiential Yoga <i>Chris M. Armstrong, RYT 500</i>



5:30 pm

Adjourn / Locker room / Personal Time



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SATURDAY, July 30, 2022

7:00-7:20 am	Breakfast		
7:30-8:20 am	Tools and Tracking <i>Jason Ewoldt, RDN, LD</i> <i>Thom M. Rieck, CSCS, CRAT</i>		
8:30-9:05 am	Debriefing Wellness Coaching <i>Karleah Bradley, NBC-HWC</i>		
BREAKOUTS	Tracks 1-5	Tracks 6-10	Tracks 11-15
9:20-10:10 am	Experience Wellness Coaching (Session 2)	Elective (see below)	Elective (see below)
10:20-11:10 am	Elective (see below)	Experience Wellness Coaching	Elective (see below)
11:20 am-12:10 pm	Elective (see below)	Elective (see below)	Experience Wellness Coaching
12:10-12:50 p.m.	Lunch / Locker room / Personal Time		
12:50-1:50 pm	Social Support & Social Networks <i>Amy Charland, NBC-HWC</i>		
1:50-2:25 pm	Making Wellness Work for You and Your Patients <i>Donald D. Hensrud, M.D., M.S.</i> <i>Warren G. Thompson, M.D.</i>		
2:25 pm	Adjourn / Locker room / Personal Time		

***Available Electives:**

- Pilates (wear workout clothes) – limited to 3 participants per session
 - Virginia Olsen, P.T.
 - Location: 6-266A
- Healthy Sleep
 - Thom Rieck, CSCS, CRAT
 - Location: 6-210
- Navigating the Confusing World of Nutrition
 - Jason Ewoldt, RDN, LD
 - Location: 6-107

