



Mayo Clinic Healthy Living Program

DAY 1, November 9, 2023

7:45 am	Doors open	
8:00 – 8:30 am Report to 6 th floor Desk	Breakfast/Overview Elizabeth (Liz) Gilman, M.D. Donald D. Hensrud, M.D., M.S. Warren G. Thompson, M.D. HLP Dining Room	
8:30-9:15 am	Physician Health: When the Physician is a Patient and Preventive Mental Health for Physicians Greg Couser, M.D., M.P.H. HLP Dining Room	
9:15 -10:00 am	Introduction to Wellness Coaching Kristin Vickers, Ph.D., L.P. HLP Dining Room	
10:00 am - 12:35 pm	Optimized Assessments 1 *Report to 5 th floor desk (in workout clothes) <ul style="list-style-type: none">- stress testing- movement screen- body composition scan- transitions/personal time	10:00-11:30 am DA 6-225 Burnout and HLP Philosophy on Resiliency Matthew M. Clark, Ph.D., L.P.
		11:30 – 11:35 Transition
		11:35 am -12:35 pm Experience Wellness Coaching Session 1 Wellness Coach Staff Coaches come to DA 6-225
12:35 – 12:50 pm	Lunch Buffet Open	
12:50-1:40 pm	Lunch Presentation: HLP Philosophy on Nutrition Donald D. Hensrud, M.D., M.S. HLP Dining Room	
1:40 pm - 4:15 pm	1:40 – 3:10 pm Burnout and HLP Philosophy on Resiliency Matthew M. Clark, Ph.D., L.P. DA 6-225	Optimized Assessments **Report to 5 th floor desk (in workout clothes) <ul style="list-style-type: none">- stress testing- movement screen- body composition scan- transitions/personal time
	3:10 – 3:15 transition	
	3:15 – 4:15 pm Experience Wellness Coaching Session 1 Coaches come to DA 6-225	
4:15 – 5:00 pm	Healthy Sleep	

Last Update- 1/18/23 - ST

	<i>Mithri Junna, MD</i>
	<i>HLP Dining Room</i>
5:00 pm	Adjourn

DAY 2, November 10, 2023

7:30-8:00 am	Breakfast <i>HLP Dining Room</i>	
8:00 -8:50 am	HLP Philosophy on Physical Activity <i>Warren G. Thompson, M.D.</i> NEAT Studio 6-227	
8:50 – 8:55 am	Transition	
8:55 -10:55 am	Review results <i>Donald Hensrud, MD, MS</i> <i>Warren Thompson, MD</i> <i>Elizabeth (Liz) Gilman, MD</i> <i>Wellness Exercise Specialist</i> <i>Wellness Physical Therapist</i>	8:55-9:55 am HLP Physical Activity Guided Resistance and Cardio <i>Wellness Exercise Specialist</i> <i>Wellness Physical Therapist</i> 9:55 – 10:05 AM Transition 10:05-10:55 am NEAT Studio 6-227 NEAT: Sit Less Move More <i>Warren G. Thompson, M.D.</i>
10:55 -11:00 am	Transition	
11:00 -11:50 am	Nutrition Controversies <i>Donald D. Hensrud, M.D., M.S.</i> <i>HLP Dining Room</i>	
11:50-11:55 pm	Transition	
11:55 pm-1:20 pm	Lunch: Cooking Well <i>Jennifer A. Welper, CEC</i>	
1:20 – 1:30 pm	Transition	



1:30-3:30 pm	1:30-2:30 pm HLP Physical Activity Guided Resistance and Cardio <i>Wellness Exercise Specialist</i> <i>Wellness Physical Therapist</i> 2:30 – 2:40 pm Transition 2:40-3:30 am NEAT: Sit Less Move More <i>Warren G. Thompson, M.D.</i>	Review results <i>Donald Hensrud, MD, MS</i> <i>Warren Thompson, MD</i> <i>Elizabeth (Liz) Gilman, MD</i> Experience Wellness Coaching Session 2 (60 min) <i>Wellness Coach Staff</i> Personal time until 3:35 pm
3:30-3:35 pm	Transition	
3:35-4:25 pm	Realistic Nutrition Change- Strategies for Patients and Providers <i>Jason Ewoldt, RDN, LD</i> <i>HLP Dining Room</i>	
4:25-5:10 pm	Experiential Mat Pilates <i>Thom Rieck, CSCS, CRAT</i> <i>Mind-Body Studio 6-224</i>	
5:10 pm	Adjourn / Locker room / Personal Time	



DAY 3, November 11, 2023

7:00-7:45 am	Experiential Sunrise Yoga (all-levels class, no experience necessary) <i>Chris M. Armstrong, I-AIYT, E-RYT500</i>
7:45-8:00 am	Pick up Breakfast <i>HLP Dining Room</i>
8:00-8:50 am	Breakfast Talk: Tools and Tracking <i>Thom M. Rieck, CSCS, CRAT</i> <i>Jason Ewoldt, RDN, LD</i> <i>HLP Dining Room</i>
8:50-9:20 am	Debrief Wellness Coaching <i>Jamie Friend, NBC-HWC</i> <i>HLP Dining Room</i>
9:20 -10:10 am	Stress and Resiliency <i>Elizabeth (Liz) Gilman, MD</i> <i>HLP Dining Room</i>
10:10 -10:25	Transition
10:25 -12:15	Weight Loss: Eat Less, Exercise More, but How? <i>Donald Hensrud, MD, MS</i> <i>Warren Thompson, MD</i>
12:15-12:30 p.m.	Pick up lunches
12:30-1:30 pm	Lunch Talk: Social Support & Social Networks <i>Matthew M. Clark, Ph.D., L.P.</i> <i>HLP Dining Room</i>
1:30 - 2:15 pm	Integrative Medicine and Health <i>Michael Mueller, MD</i>
2:15 - 2:45 pm	Making Wellness Work for You and Your Patients <i>Matthew M. Clark, Ph.D., L.P.</i> <i>Elizabeth (Liz) Gilman, M.D.</i> <i>Donald D. Hensrud, M.D., M.S.</i> <i>Warren G. Thompson, M.D.</i> <i>HLP Dining Room</i>
2:25 pm	Adjourn

