



# Mayo Clinic Healthy Living Program

## DAY 1

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

5:00 pm	<b>Adjourn</b>
---------	----------------

## DAY 2

7:30-8:00 am	<b>Breakfast</b> <i>HLP Dining Room</i>	
8:00 -8:50 am	<b>HLP Philosophy on Physical Activity</b> <i>Warren G. Thompson, M.D.</i> <i>NEAT Studio- DA 6-227</i>	
8:50 – 8:55 am	<b>Transition</b>	
8:55 -10:55 am	<b>Review Assessment Results</b> <i>Elizabeth (Liz) Gilman, M.D.</i> <i>Donald Hensrud, M.D., M.S.</i> <i>Warren Thompson, M.D.</i>	8:55-9:55 am <b>HLP Physical Activity Guided Resistance and Cardio</b> <i>Wellness Exercise Specialist</i> <i>Wellness Physical Therapist</i>
	<b>Experience Wellness Coaching Session 2</b> <i>Wellness Coach Staff</i>	9:55 – 10:05 AM Transition
	<b>Personal time until 11:00 am</b>	10:05-10:55 am <b>NEAT: Sit Less Move More</b> <i>Warren G. Thompson, M.D.</i> <i>NEAT Studio- DA 6-227</i>
10:55 -11:00 am	<b>Transition</b>	
11:00 -11:50 am	<b>Nutrition Controversies</b> <i>Donald D. Hensrud, M.D., M.S.</i> <i>HLP Dining Room</i>	
11:50-11:55 pm	<b>Transition</b>	
11:55 pm-1:20 pm	<b>Lunch: Cooking Well</b> <i>Jennifer A. Welper, CEC</i> <i>Participation Kitchen</i>	
1:20 – 1:30 pm	<b>Transition</b>	



1:30-3:30 pm	<p>1:30-2:30 pm  <b>HLP Physical Activity Guided Resistance and Cardio</b>  <i>Wellness Exercise Specialist</i>  <i>Wellness Physical Therapist</i></p> <p>2:30 – 2:40 pm Transition</p> <p>2:40-3:30 am  <b>NEAT: Sit Less Move More</b>  <i>Warren G. Thompson, M.D.</i></p> <p><i>NEAT Studio- DA 6-227</i></p>	<p><b>Review Assessment Results</b>  <i>Elizabeth (Liz) Gilman, M.D.</i>  <i>Donald Hensrud, M.D., M.S.</i>  <i>Warren Thompson, M.D.</i></p> <p><b>Experience Wellness Coaching Session 2</b>  <i>Wellness Coach Staff</i></p> <p><b>Personal time until 3:35 pm</b></p>
3:30-3:35 pm	Transition	
3:35-4:25 pm	<p><b>Realistic Nutrition Change- Strategies for Patients and Providers</b>  <i>Jason Ewoldt, M.S., RDN, LD</i></p> <p><i>HLP Dining Room</i></p>	
4:25-5:10 pm	<p><b>Experiential Mat Pilates</b>  <i>Thom Rieck, CSCS, CRAT</i></p> <p><i>Mind Body Studio</i></p>	
5:10 pm	<b>Adjourn / Locker room / Personal Time</b>	



## DAY 3

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

