



# Mayo Clinic Healthy Living Program

## Wednesday, August 2, 2023

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>Individualized Wellness: Energy, Motivation, and Behavior Change</b> <i>Kristin Vickers, Ph.D., L.P., ABPP</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- Presence Room 6-225 <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</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>	
1:40 pm - 4:15 pm	1:40 – 3:10 pm <b>Resiliency</b>  <i>Matthew M. Clark, Ph.D., L.P.</i> Presence Room 6-225	<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, M.D.</i> <i>HLP Dining Room</i>	
5:00 pm	<b>Adjourn</b>	

## Thursday, August 3, 2023

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>  NEAT Studio 6-227	
8:50 – 8:55 am	<b>Transition</b>	
8:55 -10:55 am	<b>Review results</b> <i>Donald Hensrud, M.D., M.S.</i> <i>Warren Thompson, M.D.</i> <i>Elizabeth (Liz) Gilman, M.D.</i> <i>Wellness Exercise Specialist</i> <i>Wellness Physical Therapist</i>  <b>Experience Wellness Coaching Session 2</b> <i>Wellness Coach Staff</i>  <b>Personal time until 11:00 am</b>	8:55-9:55 am <b>HLP Physical Activity Guided Resistance and Cardio</b> <i>Wellness Exercise Specialist</i> <i>Wellness Physical Therapist</i>  9:55 – 10:05 AM Transition  10:05-10:55 am <b>NEAT: Sit Less Move More</b> <i>Warren G. Thompson, M.D.</i> NEAT Studio 6-227
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>Katherine (Kate) Zeratsky, RDN, LD</i>	
1:20 – 1:30 pm	<b>Transition</b>	
1:30-3:30 pm	1:30-2:30 pm <b>HLP Physical Activity Guided Resistance and Cardio</b> <i>Wellness Exercise Specialist</i> <i>Wellness Physical Therapist</i>  2:30 – 2:40 pm Transition  2:40-3:30 pm Room 6-227 NEAT Studio <b>NEAT: Sit Less Move More</b> <i>Warren G. Thompson, M.D.</i>	<b>Review results</b> <i>Donald Hensrud, MD, MS</i> <i>Warren Thompson, MD</i> <i>Elizabeth (Liz) Gilman, MD</i>  <b>Experience Wellness Coaching Session 2</b> (60 min) <i>Wellness Coach Staff</i>  <b>Personal time until 3:35 pm</b>



3:30-3:35 pm	Transition
3:35-4:25 pm	<b>Realistic Nutrition Change- Strategies for Patients and Providers</b> <i>Katherine (Kate) Zeratsky, RDN, LD</i>  <i>HLP Dining Room</i>
4:25-5:10 pm	<b>Experiential Mat Pilates</b> <i>Thom Rieck, CSCS, CRAT</i>  <i>Mind Body Studio Room 6-224</i>
5:10 pm	<b>Adjourn / Locker room / Personal Time</b>



## Friday, August 4, 2023

7:00-7:45 am	<b>Experiential Sunrise Yoga</b> (all-levels class, no experience necessary) <i>Chris M. Armstrong, C-IAYT, E-RYT500</i>  <i>Mind Body Studio Room 6-224</i>
7:45-8:00 am	<b>Pick up Breakfast</b>  <i>HLP Dining Room</i>
8:00-8:50 am	<b>Breakfast Talk: Tools and Tracking</b> <i>Thom M. Rieck, CSCS, CRAT</i> <i>Katherine (Kate) Zeratsky, RDN, LD</i>  <i>HLP Dining Room</i>
8:50-9:20 am	<b>Debrief Wellness Coaching</b> <i>Jamie Friend, NBC-HWC</i>  <i>HLP Dining Room</i>
9:20 -10:10 am	<b>Stress Management and Resiliency Training</b> <i>Elizabeth (Liz) Gilman, M.D.</i>  <i>HLP Dining Room</i>
10:10 -10:25	<b>Transition</b>
10:25 -12:15	<b>Weight Loss: Eat Less, Exercise More, but How?</b> <i>Donald Hensrud, M.D., M.S.</i> <i>Warren Thompson, M.D.</i>  <i>HLP Dining Room</i>
12:15-12:30 p.m.	<b>Pick up lunches</b>
12:30-1:30 pm	<b>Lunch Talk: Social Support &amp; Social Networks</b> <i>Matthew M. Clark, Ph.D., L.P.</i>  <i>HLP Dining Room</i>
1:30 - 2:15 pm	<b>Integrative Medicine and Health</b> <i>Michael Mueller, M.D.</i>  <i>HLP Dining Room</i>
2:15 - 2:45 pm	<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>  <i>HLP Dining Room</i>
2:25 pm	<b>Adjourn</b>

