

Mayo Clinic Transforming Wellness 2024

Supporting sleep, trauma awareness, and pain management with your coaching practice

Thursday, February 1, 2024

All times listed are Central Time Zone

Start time	End time	Title
12:15 PM	12:30 PM	Livestream opens
12:30 PM	12:35 PM	Welcome Presenter: Adam Perlman, MD
12:35 PM	1:50 PM	Conversations on Sleep Alan Orski, LCSW
1:50 PM	2:05 PM	Break
2:05 PM	3:20 PM	Conversations on Chronic Pain Management Jeanne Sperry, PhD, LP
3:20 PM	3:35 PM	break
3:35 PM	4:50 PM	Developing Trauma Awareness Kristin Vickers, PhD, LP
4:50 PM	5:05 PM	Closeout Panel Dr. Adam Perlman (moderator), Jamie Friend, NBC-HWC, Alan Orski, LCSW, Jeanne Sperry, PhD, LP, Kristin Vickers, PhD, LP