



Mayo Clinic Healthy Living Program

DAY 1

7:45 am	Doors open	
8:00 – 8:30 am Report to 6 th floor Desk	Breakfast/Overview <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	Physician Health: When the Physician is a Patient and Preventive Mental Health for Physicians <i>Greg Couser, M.D., M.P.H.</i> <i>HLP Dining Room</i>	
9:15 -10:00 am	Individualized Wellness: Energy, Motivation, and Behavior Change <i>Kristin Vickers, Ph.D., L.P.</i> <i>HLP Dining Room</i>	
10:00 am - 12:35 pm	Optimized Assessments <i>**Locker rooms are available on the 5th floor to change into comfortable workout apparel. Please return to the 6th floor to meet your exercise specialist.</i> <ul style="list-style-type: none"> - stress testing - movement screen – Mind Body Studio 6-224 - body composition scan - transitions/personal time 	10:00-11:30 am DA 6-225- Presence Room Resiliency <i>Matthew M. Clark, Ph.D., L.P.</i>
		11:30 – 11:35 Transition
		11:35 am -12:35 pm Experience Wellness Coaching Session 1 <i>Wellness Coach Staff</i> <i>Coaches come to DA 6-225 Presence Room</i>
12:35 – 12:50 pm	Lunch Buffet Open	
12:50-1:40 pm	Lunch Presentation: HLP Philosophy on Nutrition <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 Resiliency <i>Matthew M. Clark, Ph.D., L.P.</i>	Optimized Assessments <i>**Locker rooms are available on the 5th floor to change into comfortable workout apparel. Please return to the 6th floor to meet your exercise specialist.</i> <ul style="list-style-type: none"> - stress testing - movement screen – Mind Body Studio 6-224 - body composition scan - transitions/personal time
	3:10 – 3:15 transition	
	3:15 – 4:15 pm Experience Wellness Coaching Session 1 <i>Coaches come to DA 6-225</i>	
4:15 – 5:00 pm	Healthy Sleep <i>Mithri Junna, M.D.</i> <i>HLP Dining Room</i>	
5:00 pm	Adjourn	

DAY 2

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> <i>NEAT Studio- DA 6-227</i>	
8:50 – 8:55 am	Transition	
8:55 -10:55 am	Review Assessment Results <i>Donald Hensrud, M.D., M.S.</i> <i>Warren Thompson, M.D.</i> Experience Wellness Coaching Session 2 <i>Wellness Coach Staff</i> Personal time until 11:00 am	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: Sit Less Move More <i>Warren G. Thompson, M.D.</i> <i>NEAT Studio- DA 6-227</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> <i>Participation Kitchen</i>	
1:20 – 1:30 pm	Transition	



1:30-3:30 pm	<p>1:30-2:30 pm HLP Physical Activity Guided Resistance and Cardio <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 NEAT: Sit Less Move More <i>Warren G. Thompson, M.D.</i></p> <p><i>NEAT Studio- DA 6-227</i></p>	<p>Review Assessment Results <i>Donald Hensrud, M.D., M.S.</i> <i>Warren Thompson, M.D.</i></p> <p>Experience Wellness Coaching Session 2 <i>Wellness Coach Staff</i></p> <p>Personal time until 3:35 pm</p>
3:30-3:35 pm	Transition	
3:35-4:25 pm	<p>Realistic Nutrition Change- Strategies for Patients and Providers <i>Jason Ewoldt, RDN, LD, CSSD</i></p> <p><i>HLP Dining Room</i></p>	
4:25-5:10 pm	<p>Experiential Mat Pilates <i>Thom Rieck, CSCS, CRAT</i></p> <p><i>Mind Body Studio 6-224</i></p>	
5:10 pm	Adjourn / Locker room / Personal Time	



DAY 3

7:00-7:45 am	Experiential Sunrise Yoga (all-levels class, no experience necessary) <i>Chris M. Armstrong, C-IAYT, E-RYT500</i> <i>Mind Body Studio 6-224</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>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 Management and Resiliency Training <i>TBD</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, M.D., M.S.</i> <i>Warren Thompson, M.D.</i> <i>HLP Dining Room</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	Complementary and Integrative Medicine <i>Michael Mueller, M.D.</i> <i>HLP Dining Room</i>
2:15 - 2:45 pm	Making Wellness Work for You and Your Patients <i>Matthew M. Clark, Ph.D., L.P.</i> <i>Donald D. Hensrud, M.D., M.S.</i> <i>Warren G. Thompson, M.D.</i> <i>HLP Dining Room</i>
2:45 pm	Adjourn

