

Healthy Living Program for Healthcare Professionals 2024
Dan Abraham Healthy Living Center- Rochester, MN
All Presentations Central Time

THURSDAY

7:45 am	Doors open	
8:00 – 8:30 am	Breakfast and Course Overview Donald D. Hensrud, MD, MS Warren G. Thompson, MD <i>HLP Dining Room</i>	
8:30 – 9:15 am	HLP Philosophy on Nutrition Donald D. Hensrud, MD, MS <i>HLP Dining Room</i>	
9:15 – 10:00 am	Wellness Coaching Jamie Friend, NBC-HWC, Karleah Bradley, NBC-HWC <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 Resiliency for Healthcare Professionals Matthew M. Clark, PhD, LP <i>Presence Room, 6-225</i> 11:30–11:35 am Transition 11:35 am -12:35 pm Experience Wellness Coaching Session 1 Wellness Coach Staff <i>Coaches come to Presence Room, 6-225 to pick up</i>
12:35 – 12:50 pm	Lunches served <i>HLP Dining Room</i>	
12:50 – 1:40 pm	Lunch Presentation: Realistic Nutrition Change-Strategies for Patients and Healthcare Professionals Jason Ewoldt, RDN, LD, CSSD <i>HLP Dining Room</i>	
1:40 – 4:15 pm	1:40 – 3:10 pm Resiliency for Healthcare Professionals Matthew M. Clark, PhD, LP <i>Presence Room, 6-225</i> 3:10 – 3:15 pm Transition	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

	<p>3:15 – 4:15 pm Experience Wellness Coaching Session 1 Wellness Coach Staff</p> <p><i>Coaches come to Presence Room, 6-225 to pick up</i></p>	<ul style="list-style-type: none"> - Movement screen – Mind Body Studio 6-224 - Body composition scan - Transitions/personal time
4:15 – 5:00 pm	<p>Healthy Sleep Mithri Junna, MD</p> <p><i>HLP Dining Room</i></p>	
5:00 pm	ADJOURN – End of Day One	

FRIDAY

7:15 am	Doors open	
7:30- 8:00 am	<p>Breakfast <i>HLP Dining Room</i></p>	
8:00 – 8:50 am	<p>HLP Philosophy on Physical Activity Warren G. Thompson, MD</p> <p><i>NEAT Studio- 6-227</i></p>	
8:50 – 8:55 am	Transition	
8:55 - 10:55 am	<p>Review Assessment Results Donald D. Hensrud, MD, MS Warren G. Thompson, MD</p> <p>Experience Wellness Coaching Session 2</p> <p><i>Meet at Check-In Desk</i></p> <p>Personal time until 11:00 am</p>	<p>8:55-9:55 am HLP Physical Activity Guided Resistance and Cardio Wellness Exercise Specialist Wellness Physical Therapist</p> <p><i>Meet in 6th floor lobby</i></p> <p>9:55-10:05 am Personal Time</p> <p>10:05-10:55 am NEAT: Sit Less, Move More Warren G. Thompson, MD</p> <p><i>NEAT Studio- 6-227</i></p>
10:55 – 11:00 am	Transition	
11:00 – 11:50 am	<p>Stress Management Ravindra Ganesh, MBBS, MD</p> <p><i>HLP Dining Room</i></p>	
11:50- 11:55 am	Transition	

11:55 am – 1:20 pm	Lunch: Cooking Well Jennifer A. Welper, CEC <i>HLP Participation Kitchen/Dining Room</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 Wellness Exercise Specialist Wellness Physical Therapist <i>Meet in 6th floor lobby</i></p> <p>2:30 – 2:40 pm Transition</p> <p>2:40 – 3:30 pm NEAT: Sit Less, Move More Warrant G. Thompson, MD <i>NEAT Studio- 6-227</i></p>
3:30 – 3:35 pm	Transition
3:35 – 4:25 pm	Healthcare Professionals Health: When the Provider is a Patient and Preventive Mental Health Greg Couser, MD, MPH <i>HLP Dining Room</i>
4:25 – 5:10 pm	Individualized Wellness: Energy, Motivation, and Behavior Change Kristin Vickers, PhD, LP, Jamie Friend, NBC-HWC <i>HLP Dining Room</i>
5:10 pm	ADJOURN – End of Day Two

SATURDAY

6:50 am	Doors open
7:00 – 7:45 am	Experiential Sunrise Yoga (All-levels class, no experience necessary) Chris M. Armstrong, C-IAYT, E-RYT500 <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 Thom M. Rieck, CSCS, CRAT <i>HLP Dining Room</i>
8:50 – 9:40 am	Nutrition Controversies Donald D. Hensrud, MD, MS

	<i>HLP Dining Room</i>
9:40 – 10:25 am	Experiential Pilates (All-levels class, no experience necessary) Thom M. Rieck, CSCS, CRAT <i>Mind-Body Studio 6-224</i>
10:25 - 10:40 am	Transition
10:40 am – 12:30 pm	Weight Loss: Eat Less, Exercise More, But How? Donald D. Hensrud, MD, MS Warren G. Thompson, MD <i>HLP Dining Room</i>
12:30 – 12:45 pm	Pick Up Lunches
12:45 – 1:45 pm	Lunch Talk: Social Support and Social Networks Matthew M. Clark, PhD, LP <i>HLP Dining Room</i>
1:45 – 2:30 pm	Integrative Medicine and Health Michael Mueller, MD, Bright Thilagar, MD <i>HLP Dining Room</i>
2:30 – 3:00 pm	Making Wellness Work for You and Your Patients Matthew M. Clark, PhD, LP Donald D. Hensrud, MD, MS Warren G. Thompson, MD <i>HLP Dining Room</i>
3:00 pm	ADJOURN – End of Day Three