

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

**THURSDAY**

7:45 am	<b>Doors open</b>	
8:00 – 8:30 am	<b>Breakfast and Course Overview</b> Donald D. Hensrud, MD, MS Warren G. Thompson, MD  <i>HLP Dining Room</i>	
8:30 – 9:15 am	<b>HLP Philosophy on Nutrition</b> Donald D. Hensrud, MD, MS  <i>HLP Dining Room</i>	
9:15 – 10:00 am	<b>Wellness Coaching</b> Jamie Friend, NBC-HWC, Karleah Bradley, NBC-HWC  <i>HLP Dining Room</i>	
10:00 am- 12:35 pm	<b>Optimized Assessments</b> <i>**Locker rooms are available on the 5<sup>th</sup> floor to change into comfortable workout apparel. Please return to the 6<sup>th</sup> floor to meet your exercise specialist.</i> <ul style="list-style-type: none"> <li>- Stress testing</li> <li>- Movement screen – Mind Body Studio 6-224</li> <li>- Body composition scan</li> <li>- Transitions/personal time</li> </ul>	10:00-11:30 am <b>Resiliency for Healthcare Professionals</b> Matthew M. Clark, PhD, LP  <i>Presence Room, 6-225</i>  11:30–11:35 am <b>Transition</b>  11:35 am -12:35 pm <b>Experience Wellness Coaching Session 1</b> Wellness Coach Staff  <i>Coaches come to Presence Room, 6-225 to pick up</i>
12:35 – 12:50 pm	<b>Lunches served</b> <i>HLP Dining Room</i>	
12:50 – 1:40 pm	<b>Lunch Presentation: Realistic Nutrition Change-Strategies for Patients and Healthcare Professionals</b> Jason Ewoldt, RDN, LD, CSSD  <i>HLP Dining Room</i>	
1:40 – 4:15 pm	1:40 – 3:10 pm <b>Resiliency for Healthcare Professionals</b> Matthew M. Clark, PhD, LP  <i>Presence Room, 6-225</i>  3:10 – 3:15 pm <b>Transition</b>	<b>Optimized Assessments</b> <i>**Locker rooms are available on the 5<sup>th</sup> floor to change into comfortable workout apparel. Please return to the 6<sup>th</sup> floor to meet your exercise specialist.</i> <ul style="list-style-type: none"> <li>- Stress testing</li> </ul>

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

**FRIDAY**

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

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

**SATURDAY**

6:50 am	<b>Doors open</b>
7:00 – 7:45 am	<b>Experiential Sunrise Yoga</b> (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	<b>Pick Up Breakfast</b> <i>HLP Dining Room</i>
8:00 – 8:50 am	<b>Breakfast Talk: Tools and Tracking</b> Thom M. Rieck, CSCS, CRAT  <i>HLP Dining Room</i>
8:50 – 9:40 am	<b>Nutrition Controversies</b> Donald D. Hensrud, MD, MS

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