



Mayo Clinic Healthy Living Program

DAY 1

7:30 am	Doors open/Registration Report to 6 th floor Desk	
7:45 am	Announcements/Breakfast	
8:00 – 8:30 am	Overview <i>Donald D. Hensrud, MD, MS</i> <i>Warren G. Thompson, MD</i> <i>HLP Dining Room</i>	
8:30 - 9:15 am	HLP Philosophy on Nutrition <i>Donald D. Hensrud, MD, MS</i> <i>HLP Dining Room</i>	
9:15 - 10:00 am	Wellness Coaching <i>Jamie Friend, NBC-HWC, Karleah Bradley, NBC-HWC</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, PhD, LP</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: Realistic Nutrition Change- Strategies for Patients and Healthcare Professionals <i>Jason Ewoldt, RDN, LD, CSSD</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, PhD, LP</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, MD</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, MD</i> <i>HLP Dining Room</i>	
8:50 – 8:55 am	Transition	
8:55 - 10:55 am	Review Assessment Results <i>Donald Hensrud, MD, MS</i> <i>Warren Thompson, MD</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, MD</i> <i>NEAT Studio- DA 6-227</i>
10:55 - 11:00 am	Transition	
11:00 - 11:50 am	Stress Management <i>Kit V. Anstine, MD, Ravindra Ganesh, MBBS, MD</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	1:30 - 2:30 pm HLP Physical Activity Guided Resistance and Cardio <i>Wellness Exercise Specialist</i> <i>Wellness Physical Therapist</i> 2:30 – 2:40 pm Transition 2:40 - 3:30 am NEAT: Sit Less Move More <i>Warren G. Thompson, MD</i> <i>NEAT Studio- DA 6-227</i>	Review Assessment Results <i>Donald Hensrud, MD, MS</i> <i>Warren Thompson, MD</i> Experience Wellness Coaching Session 2 <i>Wellness Coach Staff</i> Personal time until 3:35 pm



3:30 - 3:35 pm	Transition
3:35 - 4:25 pm	<p>Healthcare Professionals Health: When the Healthcare Professional is a Patient and Preventive Mental Health for Healthcare Professional <i>Greg Couser, MD, MPH</i></p> <p><i>HLP Dining Room</i></p>
4:25 - 5:10 pm	<p>Individualized Wellness: Energy, Motivation, and Behavior Change <i>Kristin Vickers, PhD, LP, Jamie Friend, NBC-HWC</i></p> <p><i>HLP Dining Room</i></p>
5:10 pm	Adjourn / Locker room / Personal Time



DAY 3

7:00 - 7:45 am	<p>Experiential Sunrise Yoga (all-levels class, no experience necessary) <i>Chris M. Armstrong, C-IAYT, E-RYT500</i></p> <p><i>Mind Body Studio 6-224</i></p>
7:45 - 8:00 am	<p>Pick up Breakfast</p> <p><i>HLP Dining Room</i></p>
8:00 - 8:50 am	<p>Breakfast Talk: Tools and Tracking <i>Thom M. Rieck, CSCS, CRAT</i></p> <p><i>HLP Dining Room</i></p>
8:50 - 9:40 am	<p>Nutrition Controversies <i>Donald D. Hensrud, MD, MS</i></p> <p><i>HLP Dining Room</i></p>
9:40 - 10:25 am	<p>Experiential Pilates (all-levels class, no experience necessary) <i>Thom M. Rieck, CSCS, CRAT</i></p> <p><i>Mind Body Studio 6-224</i></p>
10:25 - 10:40 am	<p>Break</p>
10:40 am - 12:30 pm	<p>Weight Loss: Eat Less, Exercise More, but How? <i>Donald Hensrud, MD, MS</i> <i>Warren Thompson, MD</i></p> <p><i>HLP Dining Room</i></p>
12:30 - 12:45 pm	<p>Pick up lunches</p>
12:45 - 1:45 pm	<p>Lunch Talk: Social Support & Social Networks <i>Matthew M. Clark, PhD, LP</i></p> <p><i>HLP Dining Room</i></p>
1:45 - 2:30 pm	<p>Integrative Medicine and Health <i>Michael Mueller, MD, Bright P. Thilagar, MD</i></p> <p><i>HLP Dining Room</i></p>
2:30 - 3:00 pm	<p>Making Wellness Work for You and Your Patients <i>Matthew M. Clark, PhD, LP</i> <i>Donald D. Hensrud, MD, MS</i> <i>Warren G. Thompson, MD</i></p> <p><i>HLP Dining Room</i></p>
3:00 pm	<p>Adjourn</p>

