



Mayo Clinic Healthy Living Program

Thursday, May 8, 2025		
7:00 am	Doors open/Registration Report to Dan Abraham Healthy Living Center (DAHLC) Subway - Room 124	
7:15 am	Announcements	
7:30 – 8:00 am	Overview <i>Donald D. Hensrud, MD, MS</i> DAHLC – SL - 124	
8:00 - 8:45 am	Wellness Coaching <i>Jamie L. Friend, NBC-HWC</i> DAHLC – SL - 124	
8:45 – 8:50 am	Transition	
8:50 am - 12:00 pm	Optimized Assessments <i>**Locker rooms are available on the 5th floor to change into comfortable workout apparel.</i> <ul style="list-style-type: none"> - Stress testing (CV) - Movement screen - Body composition scan - Experience Wellness Coaching Session 1 - Break 	8:50 – 9:40 am HLP Philosophy on Nutrition <i>Donald D. Hensrud, MD, MS</i> DAHLC 7-110
		9:40 – 10:00 am Break
		10:00 - 11:30 am Burnout and HLP Philosophy on Resiliency <i>Matthew M. Clark, PhD, LP</i> DAHLC 7-110
		11:30 am – 12:00 pm Alcohol: Is it Safe in Moderation? <i>Warren G. Thompson, MD</i> DAHLC SL – 124
12:00 – 12:05 pm	Transition	
12:05 - 12:55 pm	Lunch Presentation: Realistic Nutrition Change- Strategies for Patients and Healthcare Professionals <i>Jason S. Ewoldt, MS, RDN, LD, CSSD</i> DAHLC SL – 124	
12:55 – 1:00 pm	Transition	
1:00 - 4:10 pm	1:00 - 2:30 pm Burnout and HLP Philosophy on Resiliency <i>Matthew M. Clark, PhD, LP</i> DAHLC 7-110	Optimized Assessments <i>**Locker rooms are available on the 5th floor to change into comfortable workout apparel.</i> <ul style="list-style-type: none"> - Stress testing (CV)
	2:30 – 2:50 pm Break	

	<p>2:50 – 3:40 pm HLP Philosophy on Nutrition <i>Donald D. Hensrud, MD, MS</i> DAHLC 7-110</p>	<ul style="list-style-type: none"> - Movement screen - Body composition scan - Experience Wellness Coaching Session 1 - Break
	<p>3:40 – 4:10 pm Alcohol: Is it Safe in Moderation? <i>Warren G. Thompson, MD</i> DAHLC - SL – 124</p>	
4:10 – 4:15 pm	Transition	
4:15 – 5:00 pm	<p>Healthy Sleep <i>Mithri Junna, MD</i> DAHLC – SL – 124</p>	
5:00 pm	Adjourn	



Friday, May 9, 2025

7:30 - 8:15 am	Experiential Pilates (all-levels class, no experience necessary) <i>Thom M. Rieck, CSCS, CRAT</i> DAHLC 4-120	
8:15 - 8:30 am	Transition and Pick Up Breakfast - DAHLC – SL - 200	
8:30 – 9:20 am	Breakfast Talk: HLP Philosophy on Physical Activity <i>Warren G. Thompson, MD</i> DAHLC – SL – 200	
9:20 – 9:25 am	Transition	
9:25 - 11:25 am	<p>Review Assessment Results <i>Donald D. Hensrud, MD, MS or</i> <i>Warren G. Thompson, MD</i> <i>Wellness Exercise Specialist</i></p> <p>Experience Wellness Coaching Session 2 <i>Wellness Coach Staff</i></p> <p>Personal time until 11:25 am</p>	<p>9:25 - 10:15 am NEAT: Sit Less Move More <i>Warren G. Thompson, MD</i> DAHLC SL - 200</p> <p>10:15 – 10:20 am Transition</p> <p>10:20 - 11:25 am HLP Physical Activity Guided Resistance and Cardio <i>Thom M. Rieck, CSCS, CRAT</i> DAHLC 4-120</p>
11:25 - 11:35 am	Transition	
11:35 am - 12:35 pm	Lunch: Cooking Well <i>Jennifer A. Welper, CEC</i> Participation Kitchen - confirmed	
12:35 – 1:00 pm	Meal Break - Participation Kitchen	
1:00 – 1:50 pm	Taking Care of Ourselves <i>Greg Couser, MD, MPH</i> DAHLC SL - 200	
1:50 – 1:55 pm	Transition	
1:55 - 3:50 pm	<p>1:55 - 2:45 pm NEAT: Sit Less Move More <i>Warren G. Thompson, MD</i> DAHLC SL - 200</p> <p>2:45 – 2:50 pm Transition</p>	<p>Review Assessment Results <i>Donald Hensrud, MD, MS or</i> <i>Warren Thompson, MD</i> <i>Wellness Exercise Specialist</i></p> <p>Experience Wellness Coaching Session 2 <i>Wellness Coach Staff</i></p>



	<p>2:50 - 3:50 am</p> <p>HLP Physical Activity Guided Resistance and Cardio</p> <p><i>Thom M. Rieck, CSCS, CRAT</i></p> <p><i>DAHLC 4-120</i></p>	Personal time until 3:50 pm
3:50 - 4:00 pm	Transition	
4:00 – 4:50 pm	<p>Individualized Wellness: Energy, Motivation, and Behavior Change</p> <p><i>Kristin S. Vickers, PhD, LP</i></p> <p><i>DAHLC SL - 200</i></p>	
4:50 pm	Adjourn	



Saturday, May 10, 2025

7:30 - 8:15 am	Experiential Sunrise Yoga (all-levels class, no experience necessary) <i>Chris M. Armstrong, C-IAYT, E-RYT500</i> DAHLC 7-110
8:15 - 8:30 am	Pick Up Breakfast - DAHLC – SL - 200
8:30 - 9:20 am	Breakfast Talk: Tools and Tracking <i>Thom M. Rieck, CSCS, CRAT</i> DAHLC SL - 200
9:20 - 10:10 am	Weight Loss: Eat Less, Exercise More, but How? Part One <i>Donald D. Hensrud, MD, MS</i> DAHLC SL - 200
10:10 - 10:30 am	Break
10:30 - 11:20 am	Weight Loss: Eat Less, Exercise More, but How? Part Two <i>Warren G. Thompson, MD</i> DAHLC – SL - 200
11:20 - 12:05 pm	Integrative Medicine and Health <i>Michael Mueller, MD</i> DAHLC – SL- 200
12:05 - 12:15 pm	Pick Up Lunch
12:15 - 1:05 pm	Lunch Talk: Nutrition Controversies <i>Donald D. Hensrud, MD</i> DAHLC – SL - 200
1:05 – 1:35 pm	Social Support and Social Networks <i>Matthew M. Clark, PhD, LP</i> DAHLC – SL - 200
1:35 - 2:05 pm	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> DAHLC – SL - 200
2:05 pm	Adjourn

