



Mayo Clinic Healthy Living Program

DAY 1 April 9, 2026; June 25, 2026, August 20, 2026, December 3, 2026

7:00 am	Doors open/Registration	
7:10 - 7:25 am	Breakfast/Announcements	
7:25 – 8:00 am	Overview Donald D. Hensrud, MD, MS (April, August) David Raslau, MD, MPH (June, December)	
8:00 - 8:45 am	Wellness Coaching Amy Charland, M Ed, NBC-HWC	
8:45 – 8:50 am	Transition	
8:50 am - 12:00 pm	Optimized Assessments **Locker rooms are available on the 5 th floor to change into comfortable workout apparel.. <ul style="list-style-type: none">- CV Test- Movement screen (PT)- Body composition scan DEXA- Wellness Coach Session 1- Break	8:50 – 9:40 am HLP Philosophy on Nutrition Donald D. Hensrud, MD, MS
		9:40 – 10:10 Alcohol: Is it Safe in Moderation? Warren G. Thompson, MD
		10:10 – 10:30 Break
		10:30 am – 12:00 Burnout and HLP Philosophy on Resiliency Matthew M. Clark, PhD, LP
12:00–12:05 pm	Transition	
12:05 -12:55 pm	Lunch Talk: Healthy Sleep Mithri Junna, MD	
12:55-1:00 pm	Transition	
1:00 – 4:10 pm	1:00– 2:30 pm Burnout and HLP Philosophy on Resiliency Matthew M. Clark, PhD, LP	Optimized Assessments **Locker rooms are available on the 5 th floor to change into comfortable workout apparel.. <ul style="list-style-type: none">- CV Test- Movement screen (PT)- Body composition scan- Wellness Coach Session 1- Break
	2:30 – 2:50 pm Break	
	2:50 – 3:20 pm Alcohol: Is it Safe in moderation? Warren Thompson, MD	
	3:20 – 4:10 pm HLP Philosophy on Nutrition Donald Hensrud, MD	
4:10 – 4:15 pm	Transition	
4:15 – 5:00 pm	Realistic Nutrition Change- Strategies for Patients and Healthcare Professionals Jason S. Ewoldt, MS, RDN, LD, CSSD	
5:00 pm	Adjourn	

DAY 2 April 10, 2026; June 26, 2026; August 21, 2026; December 4, 2026

7:30 - 8:15 am	Experiential Pilates (all-levels class, no experience necessary) <i>Thom M. Rieck, CSCS, CRAT</i>	
8:15 – 8:30 am	Transition and Pick Up Breakfast	
8:30 - 9:20 am	Breakfast Talk: HLP Philosophy on Physical Activity <i>Warren G. Thompson, MD</i>	
9:20 – 9:25 am	Transition	
9:25 - 11:30 am	Review Assessment Results <i>Donald Hensrud, MD, MS or David Raslau, MD, MPH, and Wellness Exercise Specialist</i> Wellness Coach Session 2 <i>Wellness Coach Staff</i> Personal time until 11:30 am	9:25-10:15 am NEAT: Sit Less Move More <i>Warren G. Thompson, MD</i> 10:15 – 10:30 am Break 10:30-11:30 am HLP Physical Activity Guided Resistance and Cardio <i>Thom M. Rieck, CSCS, CRAT</i> <i>Wellness Physical Therapist</i>
11:30-11:35 am	Transition	
11:35 am - 12:35 pm	Lunch: Cooking Well with Chef Jen <i>Jennifer A. Welper, CEC</i>	
12:35 – 1:00 pm	Lunch Break	
1:00 – 1:50	Taking Care of Ourselves <i>Greg P. Couser, MD, MPH</i>	
1:50 – 1:55	Transition	
1:55 - 4:00 pm	1:55 - 2:45 pm NEAT: Sit Less Move More <i>Warren G. Thompson, MD</i> 2:45 – 3:00 am Break 3:00 - 4:00 pm HLP Physical Activity Guided Resistance and Cardio <i>Thom M. Rieck, CSCS, CRAT</i> <i>Wellness Physical Therapist</i>	Review Assessment Results <i>Donald Hensrud, MD, MS or David Raslau, MD, MPH, and Wellness Exercise Specialist</i> Wellness Coach Session 2 <i>Wellness Coach Staff</i> Personal time until 4:00 pm
4:00 - 4:05 pm	Transition	
4:05 - 4:55 pm	Tools and Tracking <i>Thom M. Rieck, CSCS, CRAT</i>	
4:55 pm	Adjourn	

DAY 3 April 11, 2026; June 27, 2026; August 22, 2026; December 5, 2026	
7:30 - 8:15 am	Experiential Sunrise Yoga (all-levels class, no experience necessary) <i>Chris M. Armstrong, C-IAYT, E-RYT500</i>
8:15 - 8:30 am	Break Pick up Breakfast
8:30 -9:15 am	Breakfast Talk: Individualized Wellness: Energy, Motivation, and Behavior Change <i>Maria Benzo, MD (April, August)</i> <i>Dave Raslau, MD, MPH (June, December)</i>
9:15 - 10:05 am	Weight Loss: Eat Less, Exercise More, but How? Part 1 <i>Donald D. Hensrud, MD, MS</i> <i>Warren G. Thompson, MD</i>
10:05 -10:20 am	Break
10:20 - 11:10 am	Weight Loss: Eat Less, Exercise More, but How? Part 2 <i>Donald D. Hensrud, MD, MS</i> <i>Warren G. Thompson, MD</i>
11:10 – 11:55 am	ACT Mindfully <i>Roberto P. Benzo, MD, MS</i>
11:55 am - 12:10 pm	Break Pick up Lunches
12:10 -1:00 pm	Lunch Talk: Nutrition Controversies <i>Donald Hensrud, MD, MS</i>
1:00 -1:30 pm	Social Support and Social Networks <i>Matthew M. Clark, PhD, LP</i>
1:30 -2:00 pm	Making Wellness Work for You and Your Patients <i>Matthew M. Clark, PhD, LP</i> <i>Donald D. Hensrud, MD, MS</i> <i>Dave Raslau, MD, MPH</i>
2:00 pm	Adjourn