



Healthy Living Program for Healthcare Professionals

DAY 1		
7:00 am	Doors Open/Registration	
7:10 - 7:25 am	Breakfast/Announcements <i>Donald D. Hensrud, MD, MS, MPH</i> <i>David Raslau, MD, MPH</i>	
7:25 – 8:00 am	Overview <i>Donald D. Hensrud, MD, MS, MPH</i> <i>David Raslau, MD, MPH</i>	
8:00 - 8:45 am	Wellness Coaching <i>Amy M. Charland, M Ed, NBC-HWC</i>	
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"> - Cardiovascular stress test - Movement screen (PT) - Body composition scan - Wellness Coach Session 1 - Break 	8:50 – 9:40 am HLP Philosophy on Nutrition <i>Donald D. Hensrud, MD, MS, MPH</i>
		9:40 – 10:10 Alcohol: Is it Safe in Moderation? <i>Warren G. Thompson, MD</i>
		10:10 – 10:30 Break
		10:30 am – 12:00 Burnout and HLP Philosophy on Resiliency <i>Matthew M. Clark, PhD, LP</i>
12:00–12:05 pm	Transition	
12:05 -12:55 pm	Lunch Talk: Healthy Sleep <i>Mithri Junna, MD</i>	
12:55-1:00 pm	Transition	
1:00 pm – 4:10 pm	1:00– 2:30 pm Burnout and HLP Philosophy on 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.</i> <ul style="list-style-type: none"> - Cardiovascular stress 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? <i>Warren G. Thompson, MD</i>	
	3:20 – 4:10 pm HLP Philosophy on Nutrition <i>Donald D. Hensrud, MD, MS, MPH</i>	
4:10 – 4:15 pm	Transition	
4:15 – 5:00 pm	Realistic Nutrition Change- Strategies for Patients and Healthcare Professionals <i>Jason S. Ewoldt, MS, RDN, LD, CSSD</i>	
5:00 pm	Adjourn	



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DAY 2		
7:30 - 8:15 am	Experiential Pilates (all-levels class, no experience necessary) <i>Thom M. Rieck, MA, 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 D. Hensrud, MD, MS, MPH or</i> <i>David Raslau, MD, MPH, and</i> <i>Wellness Exercise Specialist</i>	9:25-10:15 am NEAT: Sit Less Move More <i>Warren G. Thompson, MD</i>
	Wellness Coach Session 2 <i>Wellness Coach Staff</i>	10:15 – 10:30 am Break
	Personal time until 11:30 am	10:30-11:30 am HLP Physical Activity Guided Resistance and Cardio <i>Thom M. Rieck, MA, 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>	Review Assessment Results <i>Donald D. Hensrud, MD, MS, MPH or</i> <i>David Raslau, MD, MPH, and</i> <i>Wellness Exercise Specialist</i>
	2:45 – 3:00 am Break	Wellness Coach Session 2 <i>Wellness Coach Staff</i>
	3:00 - 4:00 pm HLP Physical Activity Guided Resistance and Cardio <i>Thom M. Rieck, MA, CSCS, CRAT</i> <i>Wellness Physical Therapist</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, MA, CSCS, CRAT</i>	
4:55 pm	Adjourn	



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DAY 3	
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 V. Benzo, MD (April, August)</i> <i>David 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, MPH</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, MPH</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 D. Hensrud, MD, MS, MPH</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>Roberto P. Benzo, MD, MS</i> <i>Matthew M. Clark, PhD, LP</i> <i>Donald D. Hensrud, MD, MS, MPH</i> <i>Dave Raslau, MD, MPH</i>
2:00 pm	Adjourn