



Healthy Living Classes

AUGUST 2015

MONDAYS

- 4:30pm Intro to Suspension
- 4:30pm Strengthening Suspension
- 5:15pm Get Wired
- 5:30pm Gentle Yoga
- 6:30pm Pilates

TUESDAYS

- 5:30pm Restorative Yoga
- 6-8pm Cooking Well
(August 4, 18, 25 Only)

WEDNESDAYS

- 7:30am Intro Pilates
- 4pm Healthy Sleep
- 4pm Relaxation Techniques
- 4:30pm The NEAT Experience
- 5:30pm Prenatal Yoga

THURSDAYS

- 8am Get Balanced
- 12pm Gentle Yoga
- 4pm Relaxation Techniques

FRIDAYS

- 7:30am The NEAT Experience
- 12pm Restorative Yoga
- 4pm Foam Roller

ABOUT YOUR VISIT

Visit healthyliving.mayoclinic.org to learn more or call 507-293-2933 to make a reservation.

Healthy Living Classes are available to all who are interested in improving their wellness, including the broader public, Mayo Clinic patients, travel companions and Mayo Clinic employees.

*All classes are 45 minutes in length unless otherwise noted with an end time. Classes subject to change, updates will not be made to this calendar, call for details.



Healthy Living Classes

COOKING WELL

August 4 • Dinner

Fiesta Grilling

Give taco night a new twist! Flavor your favorite lean meat in a carne asada marinade and grill to perfection. Wrap up in a warm tortilla with refried beans, cheddar cheese, and fresh made pico de gallo and top with a salsa verde.

Recipes: Carne asada, pico de gallo, and salsa verde.

August 18 • Dinner

Homemade Pizza Dough

Homemade pizza dough made easy and topped with your favorite toppings, even the “naughty” ones. Learn techniques to keep your pizza healthy and filling.

Recipes: Whole wheat pizza dough, and homemade marinara sauce.

August 25 • Dinner

Fresh Catch

Eating fish is great for your health, but preparing it can be tricky and the flavor can leave much to be desired. Learn the best techniques for cooking fish and how to bring about enticing flavors as Midwest meets Pacific Southwest in this tasty take on heart-healthy walleye.

Recipes: Macadamia crusted walleye, pineapple salsa, and coleslaw.

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