



Mayo Clinic Healthy Living Program

THURSDAY, DAY 1

7:00-7:30 am	Check-In / Breakfast	
7:30-8:20 am	Overview & Tour <i>Donald D. Hensrud, M.D., M.P.H.</i>	
8:20 am-12:20 pm	Optimized Assessments (wear workout clothes) & Experience Wellness Coaching	8:30-10:20 a.m. Burnout and HLP Philosophy on Resiliency <i>Matthew M. Clark, Ph.D., L.P.</i>
		10:30-11:20 a.m. NEAT: Sit Less, Move More <i>Warren Thompson, M.D.</i> <i>Nolan Peterson, Wellness Exercise Specialist</i>
		11:30-12:20 p.m. Coaching and Individual Wellness <i>Kristin S. Vickers-Douglas, Ph.D., L.P.</i>
12:30-1:20 pm	Lunch: HLP Philosophy on Nutrition <i>Donald D. Hensrud, M.D., M.P.H.</i>	
1:30-5:30 pm	1:30-3:20 p.m. Burnout and HLP Philosophy on Resiliency <i>Matthew M. Clark, Ph.D., L.P.</i>	Optimized Assessments (wear workout clothes) & Experience Wellness Coaching
	3:30-4:20 p.m. NEAT: Sit Less, Move More <i>Warren Thompson, M.D.</i> <i>Nolan Peterson, Wellness Exercise Specialist</i>	
	4:30-5:20 p.m. Coaching and Individual Wellness <i>Kristin S. Vickers-Douglas, Ph.D., L.P.</i>	
5:30-6:30 pm	Rejuvenate Spa, Showers, Personal Time	
Evening	Personal Time / Thursdays on First	

FRIDAY, DAY 2

6:45-7:15 am	Breakfast
7:15-7:45 am	Nutrition Controversies <i>Donald D. Hensrud, M.D., M.P.H.</i>
7:45-9:35 am	SMART: Stress Management and Resiliency Training <i>Anjali Bhagra, M.B.B.S. (January)</i> <i>Amit Sood, M.D. (March)</i>
9:45-11:35 am	Weight Loss: Eat Less, Exercise More, but How? <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>

*Schedule continues on next page

11:45 am-1:35 pm	Lunch: Cooking Well <i>Jennifer A. Welper, CEC</i> <i>Registered Dietitian Nutritionist</i>		
1:45-2:35 pm	Complementary & Integrative Medicine <i>TBD (January)</i> <i>Brent A. Bauer, M.D.(March)</i>		
2:45-4:35 pm	HLP Philosophy on Physical Activity (wear workout clothes) <i>Warren G. Thompson, M.D.</i> <i>Wellness Exercise Specialist and/or Physical Therapist</i>		
4:45-5:35 pm	Acupressure & Yoga <i>Jamie Friend, Wellness Resiliency Specialist</i> <i>Cynthia Ruen, Massage Therapist</i>		
5:35-6:30 pm	Rejuvenate Spa, Showers, Personal Time		
6:30-7:30 pm	Relaxation & Libations – A Social Hour		
SATURDAY, DAY 3			
6:45-7:15 am	Breakfast		
7:15-8:05 am	Tools and Tracking <i>Paul A. Lorentz, M.S., R.N., R.D.</i>		
8:05-8:40 am	Physician Burnout and the Physician Health Center <i>Phil T. Hagen, M.D.</i>		
BREAKOUTS	Tracks 1-5	Tracks 6-10	Tracks 11-15
8:50-9:40 am	Experience Wellness Coaching	Elective (see below) or Use Rejuvenate Spa	Elective (see below) or Use Rejuvenate Spa
9:50-10:40 am	Elective (see below) or Use Rejuvenate Spa	Experience Wellness Coaching	Elective (see below) or Use Rejuvenate Spa
10:50-11:40 am	Elective (see below) or Use Rejuvenate Spa	Elective (see below) or Use Rejuvenate Spa	Experience Wellness Coaching
Lunch / Showers / Free Time			
11:45-1:00 p.m.	Lunch / Showers / Free Time		
1:00-1:50 pm	Social Support & Social Networks <i>Matthew M. Clark, Ph.D., L.P.</i>		
2:00-2:50 pm	Making Wellness Work for You and Your Patients <i>Matthew M. Clark, Ph.D., L.P.</i> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>		

*Available Electives include:

- Pilates (wear workout clothes)
- Healthy Sleep
- Personalize your Nutrition Experiments
- Chance to use Rejuvenate Spa – please schedule your appointments ahead of time to ensure availability

