

Executive Wellness Experience

1 Day Sample Schedule

The Executive Wellness Experience offers a one-day immersive wellness sessions at the new Dan Abraham Healthy Living Center in Rochester, Minn.

The plan complements your medical care by introducing you to wellness resources designed specifically for executives juggling the demands of a busy career. You'll leave with new skills and knowledge and the inspiration to help you put wellness habits into practice.

On-site visits are offered on Wednesday or Thursday.

- Nutrition
- Physical Activity & Assessments
- Resiliency
- Wellness Coaching
- Elective

Executive Wellness Experiencesample schedule.

Your Executive Wellness Experience schedule may vary slightly based on your individual goals, selected sessions and optional services. An optional Healthy Living class or spa service can be added for an additional cost.

Day 1

7:30-8 a.m.	Healthy Living Program Facility Tour (optional)
8-8:30 a.m.	● Breakfast and Keynote Presentation
8:30-9:30 a.m.	● Enhance Resiliency and Manage Stress
9:30-11 a.m.	● Wellness on the Road
11 a.m.-1 p.m.	● Lunch and Eating Well on a Busy Schedule
1-2 p.m.	● The NEAT Experience: Sit Less, Move More OR Pilates
2-3 p.m.	● Healthy Sleep to Energize Your Life OR Mindful Movements
3-4 p.m.	● Function Movement Assessment & Review
4-5 p.m.	● 1x1 with Your Wellness Coach
5-5:15 p.m.	Closing Remarks
5:15-5:45 p.m.	Check-out