



Mayo Clinic Healthy Living Program

Healthy Living Classes

DEC 2015

MONDAYS

- 4:30pm Intro to Suspension
- 4:30pm Strengthening Suspension
- 5:30pm Gentle Yoga
- 5:30pm Pilates

TUESDAYS

- 5:30pm Restorative Yoga

WEDNESDAYS

- 7:30am Intro Pilates
- 4pm Healthy Sleep
- 4pm Relaxation Techniques
- 4pm Elements of Movement
- 5:30pm Prenatal Yoga

THURSDAYS

- 8am Get Balanced
- 12pm Gentle Yoga
- 4pm Relaxation Techniques
- 4:30pm The NEAT Experience

FRIDAYS

- 7:30am Elements of Movement
- 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.

COOKING WELL (SEE NEXT PAGE)

- 5-7pm Tues, Dec 18 Sweet Delights
- 5-7pm Fri, Dec 29 Holiday Entertaining

*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

Dec 18 • Dinner

Sweet Delights

This holiday season make those sweet delights a bit healthier. Learning creative substitutions that work well in baking.

Recipes: Candy cane cheesecake, Pecan pie minis and apple turnovers

Dec 29 • Dinner

Holiday Entertaining

Trying to keep healthy during the holiday season can be tricky but try these full of flavor appetizers that are prepared and served lighter than normal.

Recipes: Baked Brie, Pork potstickers, Stuffed mushrooms, Coconut shrimp