



Healthy Living Classes

SEPT 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

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)

- 6-8pm Fri, Sept 10 Fresh Catch
- 6-8pm Thurs, Sept 18 Chicken Marsala and Risotto
- 6-8pm Tues, Sept 29 Salads and Dressings

*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

Sept 10 • 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.

Sept 18 • Dinner

Chicken Marsala and Risotto

Try a new way to prepare chicken and use that precooked rice in your refrigerator to make a restaurant like meal!

Recipes: Chicken Marsala with Butternut Squash Risotto

Sept 29 • Dinner

Salads and Dressings

Looking to keep the fall lighter and healthier? Learn some healthier dressing techniques to pair with fresh salad greens and garden picks.

Recipes: Caramelized balsamic Vinaigrette, House-made Ranch, Citrus Thyme Vinaigrette, Greek dressing