



THURSDAY, DAY 1

6:50-7:10 am Report to 6 th floor Desk	Check-In and Breakfast	
7:10-7:40 am DA 6-101	Overview <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>	
7:40-8:00 am DA 6-101	Introduction to Coaching <i>Kristin S. Vickers, Ph.D., L.P.</i>	
8:00-8:20 am	Tour <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>	
8:20 am-12:20 pm	Optimized Assessments Report to 5 th floor Desk (wear workout clothes) <ul style="list-style-type: none"> - stress testing - body composition scan - movement screen - strength testing 	8:30-9:20 am DA 6-216 Coaching and Individual Wellness <i>Kristin S. Vickers, Ph.D., L.P.</i>
		9:30-10:20 am DA 6-227 NEAT: Sit Less, Move More <i>Warren G. Thompson, M.D.</i>
	Experience Wellness Coaching Report to 6 th floor Desk	10:30-12:20 pm DA 6-225 Burnout and HLP Philosophy on Resiliency <i>Matthew M. Clark, Ph.D., L.P.</i>
12:15 pm	Lunch Buffet Open	
12:30-1:20 pm DA 6-101	Lunch Presentation: HLP Philosophy on Nutrition <i>Donald D. Hensrud, M.D., M.P.H.</i>	
1:30-5:30 pm	1:30-2:20 pm DA 6-227 NEAT: Sit Less, Move More <i>Warren G. Thompson, M.D.</i>	Optimized Assessments Report to 5 th floor Desk (wear workout clothes) <ul style="list-style-type: none"> - stress testing - body composition scan - movement screen - strength testing
	2:30-4:20 pm DA 6-225 Burnout and HLP Philosophy on Resiliency <i>Matthew M. Clark, Ph.D., L.P.</i>	
	4:30-5:20 pm DA 6-216 Coaching and Individual Wellness <i>Kristin S. Vickers, Ph.D., L.P.</i>	
5:30 pm	Adjourn / Personal Time	
FRIDAY, DAY 2		
6:45-7:15 am DA 6-101	Breakfast	
7:15-8:00 am DA 6-101	Nutrition Controversies <i>Donald D. Hensrud, M.D., M.P.H.</i>	
8:10-10:00 am DA 6-225	SMART: Stress Management and Resiliency Training <i>Debbie L. Fuehrer, M.A., L.P.C.C.</i>	

*Schedule continues on next page

10:10-11:45 am DA 6-101	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>		
12:00 pm-1:20 pm DA 6-105A	Lunch: Cooking Well <i>Jennifer A. Welper, CEC</i> <i>Registered Dietitian Nutritionist</i>		
1:30-2:20 pm DA 6-225	Complementary & Integrative Medicine <i>Brent Bauer, M.D.</i>		
2:30-4:20 pm DA 6-227	HLP Physical Activity Philosophy and Practice (wear workout clothes) <i>Warren G. Thompson, M.D.</i> <i>Wellness Exercise Specialists and/or Physical Therapists</i>		
4:30-5:20 pm DA 6-224	Restorative Yoga <i>Chris M. Armstrong</i>		
5:20-6:30 pm	Showers / Personal Time		
SATURDAY, DAY 3			
6:45-7:15 am DA 6-101	Breakfast		
7:15-8:05 am DA 6-101	Tools and Tracking <i>Thom M. Rieck or Nolan Peterson, Wellness Exercise Specialist</i> <i>Registered Dietitian Nutritionist</i>		
8:05-8:40 am DA 6-101	Physician Burnout and the Physician Health Center <i>Phil T. Hagen, M.D.</i> <i>Donald D. Hensrud, M.D.</i>		
BREAKOUTS	Tracks 1-5	Tracks 6-10	Tracks 11-15
8:50-9:40 am	Experience Wellness Coaching Report to 6 th floor Desk	Elective (see below)	Elective (see below)
9:50-10:40 am	Elective (see below)	Experience Wellness Coaching Report to 6 th floor Desk	Elective (see below)
10:50-11:40 am	Elective (see below)	Elective (see below)	Experience Wellness Coaching Report to 6 th floor Desk
11:45-12:15 p.m.	Lunch / Showers / Free Time		
12:15-1:05 pm DA 6-101	Social Support & Social Networks <i>Matthew M. Clark, Ph.D., L.P.</i>		
1:05-1:35 pm DA 6-101	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 (sign up on site):

- Pilates (wear workout clothes) DA 6-226
- Healthy Sleep DA 6-212
- Personalize your Nutrition Experiments Report to 6th floor Desk

