



# Mayo Clinic Healthy Living Program

## THURSDAY, DAY 1

6:50-7:10 am Report to 6 <sup>th</sup> floor Desk	<b>Check-In</b>	
7:10-7:40 am DA 6-101	<b>Overview and Breakfast</b> <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	<b>Introduction to Coaching</b> <i>Kristin S. Vickers, Ph.D., L.P. or Sara Link, M.S., CHWC</i>	
8:00-8:20 am	<b>Tour</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>	
8:20 am-12:20 pm	<b>Optimized Assessments</b> (wear workout clothes) & <b>Experience Wellness Coaching</b> Report to 5 <sup>th</sup> floor Desk	8:30-9:20 p.m. DA 6-210 <b>Coaching and Individual Wellness</b> <i>Kristin S. Vickers, Ph.D., L.P. or Sara Link, M.S., CHWC</i>
		9:30-10:20 a.m. DA 6-227 <b>NEAT: Sit Less, Move More</b> <i>Warren G. Thompson, M.D.</i> <i>Nolan Peterson, Wellness Exercise Specialist</i>
		10:30-12:20 a.m. DA 6-225 <b>Burnout and HLP Philosophy on Resiliency</b> <i>Matthew M. Clark, Ph.D., L.P.</i>
12:15 p.m.	<b>Lunch Buffet Open</b>	
12:30-1:20 pm DA 6-101	<b>Lunch Presentation: HLP Philosophy on Nutrition</b> <i>Donald D. Hensrud, M.D., M.P.H.</i>	
1:30-5:30 pm	1:30-3:20 p.m. DA 6-225 <b>Burnout and HLP Philosophy on Resiliency</b> <i>Matthew M. Clark, Ph.D., L.P.</i>	<b>Optimized Assessments</b> (wear workout clothes) & <b>Experience Wellness Coaching</b> Report to 5 <sup>th</sup> floor Desk
	3:30-4:20 p.m. DA 6-227 <b>NEAT: Sit Less, Move More</b> <i>Warren G. Thompson, M.D.</i> <i>Nolan Peterson, Wellness Exercise Specialist</i>	
	4:30-5:20 p.m. DA 6-210 <b>Coaching and Individual Wellness</b> <i>Kristin S. Vickers, Ph.D., L.P. or Sara Link, M.S., CHWC</i>	
5:30 pm	<b>Adjourn / Personal Time</b>	

## FRIDAY, DAY 2

6:45-7:15 am DA 6-101	<b>Breakfast</b>
7:15-8:00 am DA 6-101	<b>Nutrition Controversies</b> <i>Donald D. Hensrud, M.D., M.P.H.</i>
8:10-10:00 am DA 6-225	<b>SMART: Stress Management and Resiliency Training</b> <i>Debbie L. Fuehrer, M.A., L.P.C.C. or Jamie L. Friend, NBC-HWC</i>

\*Schedule continues on next page

10:10-11:45 am DA 6-101	<b>Weight Loss: Eat Less, Exercise More, but How?</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>
12:00 pm-1:35 pm DA 6-105A	<b>Lunch: Cooking Well</b> <i>Jennifer A. Welper, CEC</i> <i>Registered Dietitian Nutritionist</i>
1:45-2:35 pm DA 6-225	<b>Complementary &amp; Integrative Medicine</b> <i>Brent Bauer, M.D. or Jon Tilburt, M.D. (may switch with 8:05-8:40 a.m. talk on Saturday)</i>
2:45-4:35 pm DA 6-227	<b>HLP Physical Activity Philosophy and Practice (wear workout clothes)</b> <i>Warren G. Thompson, M.D.</i> <i>Wellness Exercise Specialist and/or Physical Therapist</i>
4:45-5:35 pm DA 6-226	<b>Restorative Yoga</b> <i>Chris M. Armstrong</i> <i>Jamie L. Friend, NBC-HWC</i>
5:35-6:30 pm	<b>Rejuvenate Spa (must schedule ahead of time), Showers, Personal Time</b>
6:30-7:30 pm DA 7 <sup>th</sup> floor	<b>Relaxation &amp; Libations – A Social Hour</b>

### SATURDAY, DAY 3

6:45-7:15 am DA 6-101	<b>Breakfast</b>		
7:15-8:05 am DA 6-101	<b>Tools and Tracking</b> <i>Thom Rieck, Wellness Exercise Specialist</i> <i>Registered Dietitian Nutritionist</i>		
8:05-8:40 am DA 6-101	<b>Physician Burnout and the Physician Health Center</b> <i>Phil T. Hagen, M.D. (may switch with 1:45-2:35 p.m. talk on Friday)</i>		
<b>BREAKOUTS</b>	<b>Tracks 1-5</b>	<b>Tracks 6-10</b>	<b>Tracks 11-15</b>
8:50-9:40 am	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	<b>Elective (see below)</b>	<b>Elective (see below)</b>
9:50-10:40 am	<b>Elective (see below)</b>	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	<b>Elective (see below)</b>
10:50-11:40 am	<b>Elective (see below)</b>	<b>Elective (see below)</b>	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk
11:45-12:30 p.m.	<b>Lunch / Showers / Free Time</b>		
12:30-1:20 pm DA 6-101	<b>Social Support &amp; Social Networks</b> <i>Matthew M. Clark, Ph.D., L.P.</i>		
1:20-2:10pm DA 6-101	<b>Making Wellness Work for You and Your Patients</b> <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:

- Into to Suspension DA 6-224
- Healthy Sleep DA 6-212
- Personalize your Nutrition Experiments DA 6-107

