



# HEALTHY LIVING PROGRAM

## An Integrative Approach to Health & Wellness

November 15, 2016

<b>7:45 – 8:00 am</b>	Optional Facility Tour
<b>8:00 – 8:15 am</b>	Opening Remarks/Welcome
<b>8:30 – 9:00 am</b>	Choose one: <input type="checkbox"/> Happy Feet <input type="checkbox"/> Relaxation Techniques
<b>9:15 – 10:15 am</b>	An Integrative Approach to Health & Wellness (Featuring Brent Bauer, M.D.)
<b>10:30 – 11:15 am</b>	Choose one: <input type="checkbox"/> Mindfulness 101 <input type="checkbox"/> Acupressure & Yoga
<b>11:30 am – 12:15 pm</b>	Three Steps to Resilient Living
<b>12:30 – 5 pm</b>	Optional Spa Experience

Call **507.293.2933** to reserve your spot today!  
Space is limited.

Dan Abraham Healthy Living Center  
Floors 4-7 / 565 First Street SW / Rochester, MN  
[healthyliving.mayoclinic.org](http://healthyliving.mayoclinic.org)

