



HEALTHY LIVING PROGRAM

TRAIN YOUR BRAIN FOR HAPPINESS

October 31, 2016

7:45 – 8:00 am	Optional Facility Tour
8:00 – 8:15 am	Opening Remarks/Welcome
8:30 – 9:00 am	Choose one: <input type="checkbox"/> Yoga: A Sensory Experience <input type="checkbox"/> Relaxation Techniques
9:15 – 10:15 am	Train Your Brain for Happiness (Featuring Amit Sood, M.D.)
10:30 – 11:15 am	Choose one: <input type="checkbox"/> Mindfulness 101 <input type="checkbox"/> Soothe Your Body & Soul with Tea
11:30 am – 12:15 pm	Three Steps to Resilient Living
12:30 – 5 pm	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

