



## HEALTHY LIVING PROGRAM

# A PERSONAL PLAN FOR SELF-COMPASSION

September 16, 2016

<b>7:30 – 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"/> Yoga: A Sensory Experience <input type="checkbox"/> Happy Feet
<b>9:15 – 10:15 am</b>	The Art of Self Compassion (Featuring Kristin S. Vickers Douglas, Ph.D., L.P.)
<b>10:30 – 11:15 am</b>	Choose one: <input type="checkbox"/> Enhance Resiliency & Manage Stress <input type="checkbox"/> Soothe Your Body & Soul with Tea
<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)

