

Signature Experience

4 Day Sample Schedule

The Signature Experience is 4-days onsite at the Dan Abraham Healthy Living Center in Rochester, Minn.

During the twelve core sessions you'll learn the foundational elements of wellness from our Mayo Clinic experts in Nutrition, Physical Activity, Resiliency and Wellness Coaching.

You'll also have the opportunity to choose 3-4 elective sessions, and based on your specific wellness goals these electives help us tailor your on-site learning experience to meet your specific needs.

You can begin your on-site visit on either a Monday concluding on Thursday, or a Wednesday concluding on Saturday.

- Nutrition
- Physical Activity & Assessments
- Resiliency
- Wellness Coaching
- Elective
- Break*

Signature Experience sample schedule. Your Signature Experience schedule will vary slightly based on your individual goals and recommended electives.

**A Healthy Living class or spa service can be added during Break time for an additional cost.*

Day 1

- 10:30-11:30 a.m. Check-in
- 11:30a.m.-12:30 p.m. ● Lunch and Keynote Presentation
- 12:30-1:30 p.m. ● Resiliency Core 1
- 1:30-2:30 p.m. ● Wellness Coaching Core 1
- 2:30-3:30 p.m. ● Nutrition Core 1
- 3:30-4:30 p.m. ● Physical Activity Core 1
- 4:30-6:30 p.m. ● Nutrition Core 3
- 6:30-7:30 p.m. ● Break*

Day 2

- 7-7:30 a.m. ● Vitals
- 7:30-8 a.m. ● Breakfast
- 8-10:30 a.m. ● Health Assessment
- 10:30-11 a.m. ● Shower
- 11:30 a.m.-12 p.m. ● Assessment Review
- 12-1 p.m. ● Lunch
- 1-3 p.m. ● Resiliency Core 2
- 3-4 p.m. ● Nutrition Core 2
- 4-5 p.m. ● Wellness Coaching Core 2
- 5-6 p.m. ● Break*
- 6-7 p.m. ● Elective

Day 3

- 7-8 a.m. ● Elective
- 8-9 a.m. ● Breakfast
- 9-11 a.m. ● Physical Activity Core 2
- 11 a.m.-12 p.m. ● Shower
- 12-1 p.m. ● Lunch
- 1-2:30 p.m. ● Resiliency Core 3
- 2:30-3 p.m. ● Break*
- 3-4 p.m. ● Physical Activity Core 3
- 4-5 p.m. ● Elective
- 5-6 p.m. ● Break*
- 6-7 p.m. ● Elective

Day 4

- 7-8 a.m. ● Breakfast
- 8-9 a.m. ● Wellness Coaching Core 3
- 9-10 a.m. ● Break*
- 10-11 a.m. ● Elective
- 11-11:30 a.m. Closing Remarks
- 11:30 a.m.-12 p.m. Check-out