

Wellness Essentials Experience

Sample Schedule

The Wellness Essentials Experience is an individualized four-hour offering that includes three one-on-one meetings with experts in the areas of physical activity, nutrition and resiliency, and one group coaching session with a Mayo Clinic Certified Wellness Coach.

7:30 a.m.	● Check-in
8:00-9:00 a.m.	● Nutrition Consult
9:00-10:00 a.m.	● Physical Activity Consult
10:00 -11:00 a.m.	● Stress Management Consult
11:00 -12:00 p.m.	● Group Coaching Session

- Nutrition
- Physical Activity & Assessments
- Resiliency
- Wellness Coaching

Your Wellness Essentials Experience schedule may vary slightly as this is only a sample schedule.