



## THURSDAY, DAY 1

6:50-7:10 am Report to 6 <sup>th</sup> floor Desk	<b>Check-In</b>	
7:10-7:40 am DA 6-101	<b>Overview and Breakfast</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>	
7:40-8:00 am DA 6-101	<b>Introduction to Coaching</b> <i>Kristin S. Vickers, Ph.D., L.P.</i>	
8:00-8:20 am	<b>Tour</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>	
8:20 am-12:20 pm	<b>Optimized Assessments</b> Report to 5 <sup>th</sup> floor Desk (wear workout clothes) <ul style="list-style-type: none"> <li>- stress testing</li> <li>- body composition scan</li> <li>- movement screen</li> <li>- strength testing</li> </ul>	8:30-9:20 am DA 6-210 <b>Coaching and Individual Wellness</b> <i>Kristin S. Vickers, Ph.D., L.P.</i>
		9:30-10:20 am DA 6-227 <b>NEAT: Sit Less, Move More</b> <i>Warren G. Thompson, M.D.</i> <i>Nolan Peterson, Wellness Exercise Specialist</i>
		10:30-12:20 pm DA 6-225 <b>Burnout and HLP Philosophy on Resiliency</b> <i>Matthew M. Clark, Ph.D., L.P.</i> <i>Stacy Peterson, NBC-HWC / Laura Peterson, NBC-HWC</i>
12:15 pm	<b>Lunch Buffet Open</b>	
12:30-1:20 pm DA 6-101	<b>Lunch Presentation: HLP Philosophy on Nutrition</b> <i>Donald D. Hensrud, M.D., M.P.H.</i>	
1:30-5:30 pm	1:30-2:20 pm DA 6-227 <b>NEAT: Sit Less, Move More</b> <i>Warren G. Thompson, M.D.</i> <i>Nolan Peterson, Wellness Exercise Specialist</i>	<b>Optimized Assessments</b> Report to 5 <sup>th</sup> floor Desk (wear workout clothes) <ul style="list-style-type: none"> <li>- stress testing</li> <li>- body composition scan</li> <li>- movement screen</li> <li>- strength testing</li> </ul>
	2:30-4:20 pm DA 6-225 <b>Burnout and HLP Philosophy on Resiliency</b> <i>Matthew M. Clark, Ph.D., L.P.</i> <i>Stacy Peterson, NBC-HWC</i>	
	4:30-5:20 pm DA 6-210 <b>Coaching and Individual Wellness</b> <i>Kristin S. Vickers, Ph.D., L.P.</i>	
5:30 pm	<b>Adjourn / Personal Time</b>	
<b>FRIDAY, DAY 2</b>		
6:45-7:15 am DA 6-101	<b>Breakfast</b>	
7:15-8:00 am DA 6-101	<b>Nutrition Controversies</b> <i>Donald D. Hensrud, M.D., M.P.H.</i>	

\*Schedule continues on next page

8:10-10:00 am DA 6-225	<b>SMART: Stress Management and Resiliency Training</b> <i>Debbie L. Fuehrer, M.A., L.P.C.C.</i> <i>Jamie Friend, NBC-HWC</i>		
10:10-11:45 am DA 6-101	<b>Weight Loss: Eat Less, Exercise More, but How?</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>		
12:00 pm-1:20 pm DA 6-105A	<b>Lunch: Cooking Well</b> <i>Jennifer A. Welper, CEC</i> <i>Registered Dietitian Nutritionist</i>		
1:30-2:20 pm DA 6-225	<b>Complementary &amp; Integrative Medicine</b> <i>Brent Bauer, M.D.</i>		
2:30-4:20 pm DA 6-227	<b>HLP Physical Activity Philosophy and Practice</b> (wear workout clothes) <i>Warren G. Thompson, M.D.</i> <i>Wellness Exercise Specialist and/or Physical Therapist</i>		
4:30-5:20 pm DA 6-226	<b>Restorative Yoga</b> <i>Chris M. Armstrong</i> <i>Jamie L. Friend, NBC-HWC</i>		
5:20-6:30 pm	<b>Showers / Personal Time</b>		
6:30-7:30 pm DA 7 <sup>th</sup> floor	<b>Relaxation &amp; Libations – A Social Hour</b>		
<b>SATURDAY, DAY 3</b>			
6:45-7:15 am DA 6-101	<b>Breakfast</b>		
7:15-8:05 am DA 6-101	<b>Tools and Tracking</b> <i>Thom M. Rieck or Nolan Peterson, Wellness Exercise Specialist</i> <i>Registered Dietitian Nutritionist</i>		
8:05-8:40 am DA 6-101	<b>Physician Burnout and the Physician Health Center</b> <i>Phil T. Hagen, M.D.</i> <i>Donald D. Hensrud, M.D.</i>		
<b>BREAKOUTS</b>	<b>Tracks 1-5</b>	<b>Tracks 6-10</b>	<b>Tracks 11-15</b>
8:50-9:40 am	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	<b>Elective</b> (see below)	<b>Elective</b> (see below)
9:50-10:40 am	<b>Elective</b> (see below)	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	<b>Elective</b> (see below)
10:50-11:40 am	<b>Elective</b> (see below)	<b>Elective</b> (see below)	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk
11:45-12:15 p.m.	<b>Lunch / Showers / Free Time</b>		
12:15-1:05 pm DA 6-101	<b>Social Support &amp; Social Networks</b> <i>Matthew M. Clark, Ph.D., L.P.</i> <i>Stacy Peterson, NBC-HWC / Laura Peterson, NBC-HWC (backups)</i>		



1:05-1:35 pm DA 6-101	<b>Making Wellness Work for You and Your Patients</b> <i>Matthew M. Clark, Ph.D., L.P.</i> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>
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\*Available Electives include (sign up on site):

- Pilates OR Suspension Training will be offered (wear workout clothes) DA 6-224
- Healthy Sleep DA 6-212
- Personalize your Nutrition Experiments Report to 6<sup>th</sup> floor Desk

