



THURSDAY, DAY 1

6:50-7:10 am Report to 6 th floor Desk	Check-In	
7:10-7:40 am DA 6-101	Overview and Breakfast <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	Introduction to Coaching <i>Kristin S. Vickers-Douglas, Ph.D., L.P. or Sara Link, M.S., CHWC</i>	
8:00-8:20 am	Tour <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>	
8:20 am-12:20 pm Report to 5 th floor Desk	Optimized Assessments (wear workout clothes) & Experience Wellness Coaching	8:30-9:20 p.m. DA 6-210 Coaching and Individual Wellness <i>Kristin S. Vickers-Douglas, Ph.D., L.P. or Sara Link, M.S., CHWC</i>
		9:30-10:20 a.m. DA 4-203 NEAT: Sit Less, Move More <i>Warren G. Thompson, M.D.</i> <i>Nolan Peterson, Wellness Exercise Specialist</i>
		10:30-12:20 a.m. DA 6-225 Burnout and HLP Philosophy on Resiliency <i>Matthew M. Clark, Ph.D., L.P.</i>
12:15 p.m.	Lunch Buffet Open	
12:30-1:20 pm DA 6-101	Lunch Presentation: HLP Philosophy on Nutrition <i>Donald D. Hensrud, M.D., M.P.H.</i>	
1:30-5:30 pm Report to 5 th floor Desk	1:30-3:20 p.m. DA 6-225 Burnout and HLP Philosophy on Resiliency <i>Matthew M. Clark, Ph.D., L.P.</i>	Optimized Assessments (wear workout clothes) & Experience Wellness Coaching
	3:30-4:20 p.m. DA 4-203 NEAT: Sit Less, Move More <i>Warren G. Thompson, M.D.</i> <i>Nolan Peterson, Wellness Exercise Specialist</i>	
	4:30-5:20 p.m. DA 6-210 Coaching and Individual Wellness <i>Kristin S. Vickers-Douglas, Ph.D., L.P. or Sara Link, M.S., CHWC</i>	
5:30 pm	Adjourn / Personal Time	

FRIDAY, DAY 2

6:45-7:15 am DA 6-101	Breakfast
7:15-8:00 am DA 6-101	Nutrition Controversies <i>Donald D. Hensrud, M.D., M.P.H.</i>
8:10-10:00 am DA 6-225	SMART: Stress Management and Resiliency Training <i>Debbie L. Fuehrer, M.A., L.P.C.C. or Amit Sood, M.D. or Anjali Bhagra, M.D.</i>

*Schedule continues on next page

**Schedule subject to change

10:10-11:45 am DA 6-101	Weight Loss: Eat Less, Exercise More, but How? <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>
12:00 pm-1:35 pm DA 6-105A	Lunch: Cooking Well <i>Jennifer A. Welper, CEC</i> <i>Registered Dietitian Nutritionist</i>
1:45-2:35 pm DA 6-225	Complementary & Integrative Medicine <i>Brent Bauer, M.D. or Jon Tilburt, M.D.</i>
2:45-4:35 pm DA 4 th floor	HLP Philosophy on Physical Activity (wear workout clothes) <i>Warren G. Thompson, M.D.</i> <i>Wellness Exercise Specialist and/or Physical Therapist</i>
4:45-5:35 pm DA 6-226	Acupressure & Yoga <i>Jamie Friend, Wellness Resiliency Specialist</i> <i>Cynthia Ruen, Massage Therapist</i>
5:35-6:30 pm	Rejuvenate Spa, Showers, Personal Time
6:30-7:30 pm DA 7 th floor	Relaxation & Libations – A Social Hour

SATURDAY, DAY 3

6:45-7:15 am DA 6-101	Breakfast
7:15-8:05 am DA 6-101	Tools and Tracking <i>Thom Rieck, Wellness Exercise Specialist</i>
8:05-8:40 am DA 6-101	Physician Burnout and the Physician Health Center <i>Phil T. Hagen, M.D.</i>

BREAKOUTS	Tracks 1-5	Tracks 6-10	Tracks 11-15
8:50-9:40 am	Experience Wellness Coaching Report to 6 th floor Desk	Elective (see below) or Use Rejuvenate Spa	Elective (see below) or Use Rejuvenate Spa
9:50-10:40 am	Elective (see below) or Use Rejuvenate Spa	Experience Wellness Coaching Report to 6 th floor Desk	Elective (see below) or Use Rejuvenate Spa
10:50-11:40 am	Elective (see below) or Use Rejuvenate Spa	Elective (see below) or Use Rejuvenate Spa	Experience Wellness Coaching Report to 6 th floor Desk

11:45-12:30 p.m.	Lunch / Showers / Free Time
12:30-1:20 pm DA 6-101	Social Support & Social Networks <i>Matthew M. Clark, Ph.D., L.P.</i>
1:20-2:10pm DA 6-101	Making Wellness Work for You and Your Patients <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>

*Available Electives include:

- Pilates (wear workout clothes) DA 6-224
- Healthy Sleep DA 6-212
- Personalize your Nutrition Experiments Report to 6th floor Desk
- Chance to use Rejuvenate Spa – please schedule your appointments ahead of time to ensure availability

