



# Mayo Clinic Healthy Living Program

## CMETHURSDAY, DAY 1

6:30 am Report to 6 <sup>th</sup> floor Desk	<b>Check-In</b>	
7:00-7:15 am DA 6-101	<b>Tour</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>	
7:15-7:45 am DA 6-101	<b>Overview with Breakfast</b> <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>Warren G. Thompson, M.D.</i>	
7:45-8:15 am DA 6-101	<b>Introduction to Coaching</b> <i>Kristin S. Vickers, Ph.D., L.P.</i>	
8:15-8:30 am	<b>Locker Room</b> <i>Change for Assessments</i>	
8:30 am-1:00 pm	<b>Optimized Assessments</b> <i>*Report to 5<sup>th</sup> floor desk <u>at 8:30 am</u> (in workout clothes)</i> <ul style="list-style-type: none"> <li>- stress testing</li> <li>- body composition scan</li> <li>- movement screen</li> <li>- strength testing</li> </ul> <b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	8:30-9:20 am DA 6-216 <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>
		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>
		12:30-12:45 pm <b>Locker Room/Personal Time</b> <i>Change for Assessments</i>
12:45 pm	<b>Lunch Buffet Open</b>	
1:00-1:50 pm DA 6-101	<b>Lunch Presentation: HLP Philosophy on Nutrition, with lunch</b> <i>Donald D. Hensrud, M.D., M.P.H.</i>	
2:00 pm - 6:30 pm	2:00-2:30 p.m. <b>Personal Time</b>	<b>2:00 pm Optimized Assessments</b> <i>*Report to 5<sup>th</sup> floor desk <u>at 2:00 pm</u> (in workout clothes)</i> <ul style="list-style-type: none"> <li>- stress testing</li> <li>- body composition scan</li> <li>- movement screen</li> <li>- strength testing</li> </ul> <b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk
	2:30-3:20 pm DA 6-227 <b>NEAT: Sit Less, Move More</b> <i>Warren G. Thompson, M.D.</i>	
	3:30-5:20 pm DA 6-225 <b>Burnout and HLP Philosophy on Resiliency</b> <i>Matthew M. Clark, Ph.D., L.P.</i>	
	5:30-6:20 pm DA 6-216 <b>Coaching and Individual Wellness</b> <i>Kristin S. Vickers, Ph.D., L.P.</i>	
6:30 pm	<b>Adjourn / Locker room / Personal Time until 7:00 pm</b>	

*\*Schedule continues on next page*

## FRIDAY, DAY 2

7:00-7:30 am DA 6-101	<b>Breakfast</b>
7:30-8:20 am DA 6-101	<b>Nutrition Controversies</b> <i>Donald D. Hensrud, M.D., M.P.H.</i>
8:30-9:50 am DA 6-225	<b>SMART: Stress Management and Resiliency Training</b> <i>Debbie L. Fuehrer, M.A., L.P.C.C.</i>
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>
11:45-12 pm	<b>Open</b>
12:00 pm-1:20 pm DA 6-105A	<b>Lunch: Cooking Well</b> <i>Jennifer A. Welper, CEC</i> <i>Wellness Registered Dietician</i>
1:30-2:20 pm DA 6-225	<b>Complementary and 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</i> <i>Wellness Physical Therapist</i>
4:30-5:20 pm DA 6-224	<b>Yoga</b> <i>Chris M. Armstrong, RYT 500</i>
5:30 pm	<b>Adjourn / Locker room / Personal Time</b>



## SATURDAY, DAY 3

7:00-7:20 am DA 6-101	<b>Breakfast</b>		
7:30-8:20 am DA 6-101	<b>Tools and Tracking</b> <i>Thom M. Rieck, Wellness Exercise Specialist</i> <i>Wellness Registered Dietician</i>		
8:30-9:15 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>
9:30-10:20 am	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	<b>Elective</b> (see below)	<b>Elective</b> (see below)
10:30-11:20 am	<b>Elective</b> (see below)	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk	<b>Elective</b> (see below)
11:30-12:20 am	<b>Elective</b> (see below)	<b>Elective</b> (see below)	<b>Experience Wellness Coaching</b> Report to 6 <sup>th</sup> floor Desk
12:30-1:00 p.m. DA 6-101	<b>Lunch / Locker room / Personal Time</b>		
1:00-2:00 pm DA 6-101	<b>Social Support &amp; Social Networks</b> <i>Matthew M. Clark, Ph.D., L.P.</i>		
2-2:30 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>		
2:30 pm	<b>Adjourn / Locker room / Personal Time</b>		

\*Available Electives include (sign up on site):

- Pilates (wear workout clothes) DA 6-226
- Healthy Sleep DA 6-212
- Navigating the Confusing World of Nutrition DA 6-107

