



HEALTHY LIVING PROGRAM

NUTRITION EXPERIENCE

Improve your healthy eating habits, whether preparing meals at home, dining out, or eating on the run.



A hands-on exploration of healthy eating concepts and cooking techniques with Mayo Clinic registered dietitian nutritionists and our Executive Wellness Chef.

While onsite enjoy access to healthy snacks and beverages, and use of our 4th floor fitness equipment, 5th floor locker rooms, and 7th floor lounge and outdoor patio.

SAMPLE SCHEDULE

7:30-8 a.m.	Welcome and healthy breakfast
8-9 a.m.	Why Eat Healthy?
9-10 a.m.	Kitchen Essentials
10-11 a.m.	Break / Facility Use
11 a.m.-12 p.m.	Relaxation Techniques
12-1:30 p.m.	Cooking Well (lunch included)

RESILIENCY EXPERIENCE

Practices you can incorporate into your day to build resiliency, manage stress, and optimize your quality of life.



An expert-led, in-depth exploration of strategies, tactics, and daily practices to enhance your resiliency.

While onsite enjoy either breakfast or lunch as well as access to healthy snacks and beverages, and use of our 4th floor fitness equipment, 5th floor locker rooms, and 7th floor lounge and outdoor patio.

SAMPLE SCHEDULE

AM Session

7:30-8 a.m.	Welcome Keynote and healthy breakfast
8-9 a.m.	Why Eat Healthy
9-10 a.m.	Enhance Resiliency and Manage Stress
10-11 a.m.	Explore Your Possibilities
11 a.m.-12 p.m.	Building Awareness for Change

PM Session

11:30-12 p.m.	Welcome Keynote and healthy lunch
12-1 p.m.	Intro to Yoga
1-2 p.m.	Break and Facility Use
2-3 p.m.	Enhance Resiliency and Manage Stress
3-4 p.m.	Goal Setting
4-5 p.m.	Building Awareness for Change

FOR MORE INFORMATION OR GUIDANCE ON WHICH OPTION IS BEST FOR YOU, CALL A PROGRAM ADVISOR AT 507-293-2933.

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