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| **Wednesday, August 5** |
| 7:30 amReport to 6th floor desk | **Check-In** |
| 8:30-9:00 am 6-101 | **Welcome***Donald Hensrud, M.D., MPH* |
| 9:15-10:15 am | **Functional Foods- Taking your health into your own hands***Kristen Frie, RDN, LD*6-107 | **Coaching Tools 2.0***Melissa Mapes, NBC-HWC*6-101 | **Moving Forward: Well-being in cancer survivorship***Sara Mansfield, M.S., ACSM-CEP, ACSM-CET*6-210 |
| 10:30-11:30 am | **Introduction to Compassionate Communication***Dayna Jondal, M.A., NBC-HWC*6-225 | **Cooking Well (10:30 am-12:30 pm, lunch included)***Jen Welper, CEC**Jason Ewoldt, M.S., RDN, LD*6-105A | **Discover the Hidden Superpowers of Play***Brad Prigge, M.Ed., ACSM-EP, MCT-II*6-227 |
| 11:30-1:00 pmOn your own | **Lunch / Spa Time\* / Personal Time** |
| 1:00-2:00 pm | **Elements of Movement- Evolving from functional to practical***Brad Prigge, M.Ed., ACSM-EP, MCT-II*6-101 | **From Clutter to Calm***Stacy Peterson, NBC-HWC, ACSM CEP*6-225 | **Eating Smart for Brain Health***Angie Murad, RDN, LD*6-107 |
| 2:15-3:15 pm | **Mindful Eating in our Fast-Paced World***Angie Murad, RDN, LD*6-107 | **Working with Fear and Avoidance***Kristin Vickers, Ph.D., LP*6-101 | **Tools and Trackers***Thomas Rieck, M.A., CSCS, ACE-CPT*7-110 |
| 3:30-4:30 pm6-101 | **Influential Speaker***Kristin Vickers, Ph.D., LP* |
| 4:30-5:30 pm7th Floor | **SOCIAL HOUR** |
| 5:30 pm | **Adjourn / Spa Time\* / Personal Time** |
| **Thursday, August 6** |
| 8:30-9:30 am6-101 | **Influential Speaker: Innovations in Healthy Living***Donald Hensrud, M.D., MPH* |
| 9:45-10:45 am | **Case Studies: Navigating Wellness Coaching Interactions***Karleah Bradley, NBC-HWC**Karin Pyan, NBC-HWC*6-101 | **The Nuts and Bolts of the New Food Label***Kristin Frie, RDN, LD*6-107 |
| 11:00-12:00 pm | **Introduction to Compassionate Communication***Dayna Jondal, M.A., NBC-HWC*6-225 | **Cooking Well (11:00 am-1:00 pm, lunch included)***Jen Welper, CEC**Kristen Frie, RDN, LD*6-105A | **Discover the Hidden Superpowers of Play***Brad Prigge, M.Ed., ACSM-EP, MCT-II*6-227 |
| 12:00-1:30 pmOn your own | **Lunch / Spa Time\* / Personal Time** |
| 1:30-2:30 pm | **Case Studies: Nutrition with a Focus on Wellness***Jason Ewoldt, M.S., RDN, LD*6-210 | **Case Studies: Physical Activity in the Medical Wellness Setting***Jill Henderzahs-Mason, P.T., D.P.T., OCS*6-227 | **Acupuncture and Cupping Therapies: A holistic approach to pain and stress management***Sara Bublitz, M.O.A.M., L.Ac.*6-101 |
| 2:45-3:45 pm | **A N.E.A.T. Way to Move***Nolan Peterson, NBC-HWC, ACSM-EP, CSCS*6-227 | **Wait, I’m in Sales?***Mike Casey, MBA*7-110 | **Stress Urinary Incontinence and Pelvic Floor Pilates***Jane Hein, PT, Certified Pilates Instructor* |
| 4:00-5:00 pm6-101 | **Influential Speaker: Psychological Assessment of the Patient Seeking to Have Bariatric Surgery***Matthew Clark, Ph.D., LP* |
| 5:00 pm | **Adjourn / Spa Time\* / Personal Time** |
| **Friday, August 7** |
| 8:30-9:30 am6-101 | **Influential Speaker***Suzette Barakat, M.D., MPH* |
| 9:45-10:45 am | **Create and Connect: Setting a vision for wellness***Nolan Peterson, NBC-HWC, ACSM-EP, CSCS* | **The Essentials of Meal Planning***Jen Welper, CEC*6-105A | **Coaching at Mayo Clinic: Research and practice insights***Nicole Guerton, M.S., MCHES, NBC-HWC* *Suzette Barakat, M.D., MPH*6-225 |
| 11:00-12:00 pm | **The Sleep and Performance Connection***Amy Charland, M. Ed., NBC-HWC*6-226 | **Beyond the SAID Principle: Discover a more extensive meaning to adaptability than just the physiological health effects***Brad Prigge, M.Ed., ACSM-EP, MCT-II*6-101 | **Supplements: An evidence-based approach***Jason Ewoldt, M.S., RDN, LD*7-110 |
| 12:00 pm6-101 | **Wrap-Up / Spa Time\* / Wellness Services\*** |

\*[Spa](https://healthyliving.mayoclinic.org/rejuvenate-spa.php) and [wellness services](https://healthyliving.mayoclinic.org/offerings.php) are limited; please call 507-293-2933 to book prior to arriving.

^ Schedule is subject to change. Last update 3.10.2020.