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| **Wednesday, August 5** | | | | |
| 7:30 am  Report 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 pm  On 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 pm  6-101 | **Influential Speaker**  *Kristin Vickers, Ph.D., LP* | | | |
| 4:30-5:30 pm  7th Floor | **SOCIAL HOUR** | | | |
| 5:30 pm | **Adjourn / Spa Time\* / Personal Time** | | | |
| **Thursday, August 6** | | | | |
| 8:30-9:30 am  6-101 | **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 pm  On 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 pm  6-101 | **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 am  6-101 | **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 pm  6-101 | **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.