

Mayo Clinic Healthy Living Summit

August 5-7, 2020
Mayo Clinic Healthy Living Program
Rochester, Minnesota

Program Details

Wednesday, August 5

7:30 am Report to 6 th floor desk	Check-In		
8:30-9:00 am 6-101	Welcome <i>Donald Hensrud, M.D., MPH</i>		
9:15-10:15 am	Functional Foods- Taking your health into your own hands <i>Kristen Frie, RDN, LD</i> 6-107	Coaching Tools 2.0 <i>Melissa Mapes, NBC-HWC</i> 6-101	Moving Forward: Well-being in cancer survivorship <i>Sara Mansfield, M.S., ACSM-CEP, ACSM-CET</i> 6-210
10:30-11:30 am	Introduction to Compassionate Communication <i>Dayna Jondal, M.A., NBC-HWC</i> 6-225	Cooking Well (10:30 am-12:30 pm, lunch included) <i>Jen Welper, CEC</i> <i>Jason Ewoldt, M.S., RDN, LD</i> 6-105A	Discover the Hidden Superpowers of Play <i>Brad Prigge, M.Ed., ACSM-EP, MCT-II</i> 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 <i>Brad Prigge, M.Ed., ACSM-EP, MCT-II</i> 6-101	From Clutter to Calm <i>Stacy Peterson, NBC-HWC, ACSM CEP</i> 6-225	Eating Smart for Brain Health <i>Angie Murad, RDN, LD</i> 6-107
2:15-3:15 pm	Mindful Eating in our Fast-Paced World <i>Angie Murad, RDN, LD</i> 6-107	Working with Fear and Avoidance <i>Kristin Vickers, Ph.D., LP</i> 6-101	Tools and Trackers <i>Thomas Rieck, M.A., CSCS, ACE-CPT</i> 7-110
3:30-4:30 pm 6-101	Influential Speaker <i>Kristin Vickers, Ph.D., LP</i>		
4:30-5:30 pm 7 th Floor	SOCIAL HOUR		
5:30 pm	Adjourn / Spa Time* / Personal Time		

Thursday, August 6

8:30-9:30 am 6-101	Influential Speaker <i>Donald Hensrud, M.D., MPH</i>		
9:45-10:45 am	Case Studies: Navigating Wellness Coaching Interactions <i>Karleah Bradley, NBC-HWC</i> <i>Karin Pyan, NBC-HWC</i> 6-101	The Nuts and Bolts of the New Food Label <i>Kristin Frie, RDN, LD</i> 6-107	
11:00-12:00 pm	Introduction to Compassionate Communication <i>Dayna Jondal, M.A., NBC-HWC</i> 6-225	Cooking Well (11:00 am-1:00 pm, lunch included) <i>Jen Welper, CEC</i> <i>Kristen Frie, RDN, LD</i> 6-105A	Discover the Hidden Superpowers of Play <i>Brad Prigge, M.Ed., ACSM-EP, MCT-II</i> 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 <i>Jason Ewoldt, M.S., RDN, LD</i> 6-210	Case Studies: Physical Activity in the Medical Wellness Setting <i>Jill Henderzahn-Mason, DPT</i> 6-227	Acupuncture and Cupping Therapies: A holistic approach to pain and stress management <i>Sara Bublitz, M.O.A.M., L.Ac.</i> 6-101
2:45-3:45 pm	A N.E.A.T. Way to Move <i>Nolan Peterson, NBC-HWC, ACSM-EP, CSCS</i> 6-227	Wait, I'm in Sales? <i>Mike Casey, MBA</i> 7-110	Stress Urinary Incontinence and Pelvic Floor Pilates <i>Jane Hein, PT, Certified Pilates Instructor</i>
4:00-5:00 pm 6-101	Influential Speaker <i>Matthew Clark, Ph.D., LP</i>		
5:00 pm	Adjourn / Spa Time* / Personal Time		
Friday, August 7			
8:30-9:30 am 6-101	Influential Speaker <i>Suzette Barakat, M.D., MPH</i>		
9:45-10:45 am	Create and Connect: Setting a vision for wellness <i>Nolan Peterson, NBC-HWC, ACSM-EP, CSCS</i>	The Essentials of Meal Planning <i>Jen Welper, CEC</i> 6-105A	Coaching at Mayo Clinic: Research and practice insights <i>Nicole Guerton, M.S., MCHES, NBC-HWC</i> <i>Suzette Barakat, M.D., MPH</i> 6-225

11:00-12:00 pm	The Sleep and Performance Connection <i>Amy Charland, M. Ed., NBC-HWC</i> 6-226	Beyond the SAID Principle: Discover a more extensive meaning to adaptability than just the physiological health effects <i>Brad Prigge, M.Ed., ACSM-EP, MCT-II</i> 6-101	Supplements: An evidence-based approach <i>Jason Ewoldt, M.S., RDN, LD</i> 7-110
12:00 pm 6-101	Wrap-Up / Spa Time* / Wellness Services*		

*[Spa](#) and [wellness services](#) are limited; please call 507-293-2933 to book prior to arriving.

^ Schedule is subject to change. Last update 3.10.2020.