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Healthy Living Program

INFORMS Roundtable

Theme: Personal Health

October 18-19, 2015

Mayo Clinic Healthy Living Program
Dan Abraham Healthy Living Center
Mayo Clinic
Rochester, Minnesota Campus

Sunday, October 18, 2015

Time and Location	Session and Description
2:20	<p>Roundtable Network Outing – Mayowood Mansion Tour</p> <p>Dr. Charles Mayo, co-founder of Mayo Clinic, lived at Mayowood with his family from 1911 to 1939. The 38-room mansion and its grounds and gardens have been maintained as they were when last occupied by the Mayo family.</p> <ul style="list-style-type: none"> Meet in Kahler Grand Hotel Lobby for transportation to Mayo Mansion.
3:00 - 4:00	<ul style="list-style-type: none"> Mayowood Mansion and Garden Tour
4:30	<ul style="list-style-type: none"> Return to Kahler Grand Hotel



5:30 - 5:45
Lobby
6th Floor

Mayo Clinic Healthy Living Program

Meet in the Mayo Clinic Healthy Living Program 6th floor lobby. Check in at the front desk for meeting materials and your Rejuvenate spa voucher. Gather in the Dining Room for welcoming remarks from INFORMS Roundtable and Mayo Clinic leaders.



5:45 - 6:30
6th, 5th, 4th,
and 7th Floors

Mayo Clinic Healthy Living Program Tour

Orientation, focusing on program cornerstones including assessment, nutrition, physical activity, resiliency and coaching.



6:30 - 8:30
Lounge
7th Floor

Sunday Evening Kick-Off Event

Enjoy wine bar, appetizers, dinner and one another's company in the beautiful top floor lounge and outdoor patio, with featured speaker Dick Weinshilboum, M.D. delivering a keynote session on Individualized Medicine.



Education: Massachusetts General Hospital - Senior Resident, Internal Medicine; PRAT, NIMH, National Institutes of Health – Fellow; Massachusetts General Hospital - Assistant Resident, Internal Medicine; Massachusetts General Hospital - Internship, Internal Medicine; University of Kansas Medical School – MD; Tuebingen University, Tuebingen, Germany - Fellow, Exchange Fellowship; University of Kansas - BA, Chemistry and Zoology

Primary Appointment/Department:
Pharmacology and Hypertension

Academic Rank: Professor of Medicine;
Professor of Pharmacology

Monday, October 19, 2015

7:00 - 7:30
Mind Body
Studio
6th Floor

Morning Meditation

Guided meditation session to start the day with intentional stillness and non-doing in order to strengthen attention for the day ahead.



7:30 - 8:00
Dining Hall
6th Floor

Healthy Breakfast

Network and socialize with your colleagues while enjoying our buffet of healthy breakfast choices to provide fuel for the morning.



8:00 – 8:15
Dining Hall
6th Floor

Roundtable Welcome & Introductions

Kathy Lange, President
Bill Browning, Meeting Owner



8:15 - 8:45
Dining Hall
6th Floor

Healthy Living Pillars

Deb Rhodes, M.D. speaks to the importance of lifestyle to health, the pillars of the Mayo Clinic Healthy Living Program approach – nutrition, physical activity, and resiliency – and the keys to sustainable behavior change.



Education: Fellow - Robert Wood Johnson Clinical Scholars Program The Johns Hopkins Hospital/School of Public Health; Resident - Internal Medicine The Johns Hopkins Hospital; Internship - Internal Medicine The Johns Hopkins Hospital; MD Cornell University Medical College; BA - History and Literature cum laude Harvard College

Primary Appointment/Department: Preventive Medicine

Academic Rank: Associate Professor of Medicine

8:45 - 9:30
Dining Hall
6th Floor

Lifestyle and Behavior Change Outcomes
Matt Clark, Ph.D. speaks to outcomes measurement in lifestyle and behavior change, tying our healthy living setting and personal health theme to data and analysis.



Education: Fellow Division of Behavioral Medicine, Brown University Medical School; PhD - Clinical Psychology Fordham University; Internship - Clinical Psychology Syracuse VA Medical Center; MA - Clinical Psychology Fordham University; AB - Psychology College of Arts and Sciences, Cornell University, New York

Primary Appointment/Department: Psychology

Academic Rank: Professor of Psychology

9:30 - 9:45

Break
Use the Business Center. Grab a beverage and snack. Head to the NEAT Studio for the next session.



9:45 - 10:30
NEAT Studio
4th Floor

NEAT Experience – Sit Less, Move More
Mayo Clinic Exercise Specialist presentation on “sitting disease” and interactive session on NEAT (Non Exercise Activity Thermogenesis) practices for work, travel, home, and play.



10:30 - 10:45

Break
Use the Business Center. Grab a beverage. Discuss take-aways from the NEAT session on your way back to the Dining Hall for the next session.



10:45 - 11:15
Dining Hall
6th Floor

Activity Trackers Data Analysis

Devices such as Fitbit, Garmin, Jawbone, Withings and others are growing in popularity. Mayo Clinic Healthy Living Program physical activity experts lead discussion on the benefit of these devices, what the data is telling us, and where these devices are going.



11:15 - 11:45
Dining Hall
6th Floor

Postural Assessment

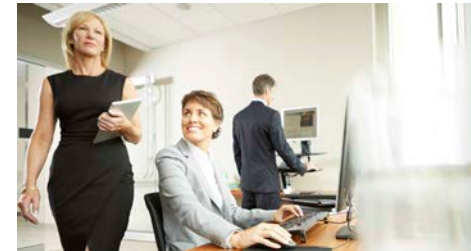
Mayo Clinic Physical Therapists lead an interactive group assessment including providing focus exercises to stretch and strengthen muscles and help improve your postural alignment.



11:45 - 12:00

Break

Use the Business Center. Grab a beverage and snack. Head to the NEAT Studio for the next session.



12:00 - 1:15
Participation
Kitchen
6th floor

Healthy Cooking Participation Session

Mayo Clinic Executive Wellness Chef and Registered Dietician Nutritionist will lead your team in preparing and enjoying a healthy lunch while sharing practical nutrition tips.

1:15 - 2:15
Dining Hall
6th Floor

How Data/Analytics is Changing Healthcare

Dr. Kalyan Pasupathy shares systems engineering and operations research from Mayo Clinic's Clinical Engineering Learning Lab.



Education: Virginia Polytechnic Institute & State University, Blacksburg, Virginia - PhD, Concentration: Management Systems; Virginia Polytechnic Institute & State University, Blacksburg, Virginia - MS, Concentration: Operations Research; Harvard Business School, Boston, Massachusetts - Value Measurement for Health Care; Bharathiar University, Coimbatore, India - BE, Concentration: Operations Management

Primary Appointment/Department: Health Sciences Research

Academic Rank: Senior Associate Consultant I-Research - Division of Health Care Policy & Research, Department of Health Sciences Research; Associate Professor of Health Care Systems Eng.

2:15 - 2:30

Break

Use the Business Center. Grab a beverage. Discuss take-aways from the NEAT session on your way back to the Dining Hall for the next session.



2:30 - 3:10
Dining Hall
6th Floor

Sleep – the Data May Surprise You

Phil Hagen, M.D., shares interesting data on the importance of sleep to your health and performance.



Education: Fellow - Preventive Medicine Mayo Graduate School of Medicine, Mayo Clinic College of Medicine; Resident - Internal Medicine Mayo Graduate School of Medicine, Mayo Clinic College of Medicine; MPH - Health Education University of Minnesota, Twin Cities; MD Mayo Medical School, Mayo Clinic College of Medicine; BS - Biology and Physiology Cornell College

Primary Appointment/Department: Preventive, Occupational and Aerospace Medicine; Physician Health Center

Academic Rank: Assistant Professor of Medicine

3:10 - 3:50
Dining Hall
6th Floor

Mayo Clinic Healthy Living Take-Aways

Don Hensrud, M.D., provides closing comments and answers any questions from the group.



Education: MS - Nutrition Sciences University of Alabama at Birmingham; Fellow - Clinical Nutrition University of Alabama at Birmingham; MPH - Master of Public Health in Epidemiology University of Minnesota; Fellow - Preventive Medicine Mayo Graduate School of Medicine, Mayo Clinic College of Medicine; Resident - Internal Medicine Mayo Graduate School of Medicine, Mayo Clinic College of Medicine; MD University Of Hawaii, West Oahu; BS - Natural Science University of North Dakota

Primary Appointments/Department: Endocrinology, Diabetes, Metabolism and Nutrition; Preventive, Occupational and Aerospace Medicine; Physician Health Center

Academic Rank: Associate Professor of Nutrition; Associate Professor of Preventive Medicine

3:50 - 4:00
Dining Hall
6th Floor

INFORMS Roundtable Closing Comments

Kathy Lange, President
Bill Browning, Meeting Owner



4:00 - 7:00
Rejuvenate
Spa
5th Floor

Rejuvenate Spa Options

Retreat participants each receive a \$50 spa voucher upon arrival for use on massage, facial, body wrap, manicure, pedicure and acupuncture options. Schedule your appointment prior to arriving by calling us at **507-293-2966**.



4:00 - 5:00

Mayo Clinic Walking Tour Option

Learn more about the origins of Mayo Clinic on this walking tour through the Plummer, Mayo, and Gonda buildings. 150 years of history and innovation.



6:00 - 7:00
Dining Hall
6th Floor

Dinner Buffet

Still in town? Close out your Mayo Clinic Healthy Living program experience with healthy buffet dinner options with INFORMS Roundtable colleagues in the Dining Hall.



Important Telephone Numbers

Kahler Grand Hotel
Kathy Lange, Roundtable President
Bill Browning, Meeting Owner
Mike Casey, Mayo Clinic Healthy Living Program

(507) 280-6200
(919) 624-9563 (cell)
(860) 235-5843 (cell)
(507) 284-9537