MAYO CLINIC

MAYO CLINIC HEALTHY LIVING PROGRAM

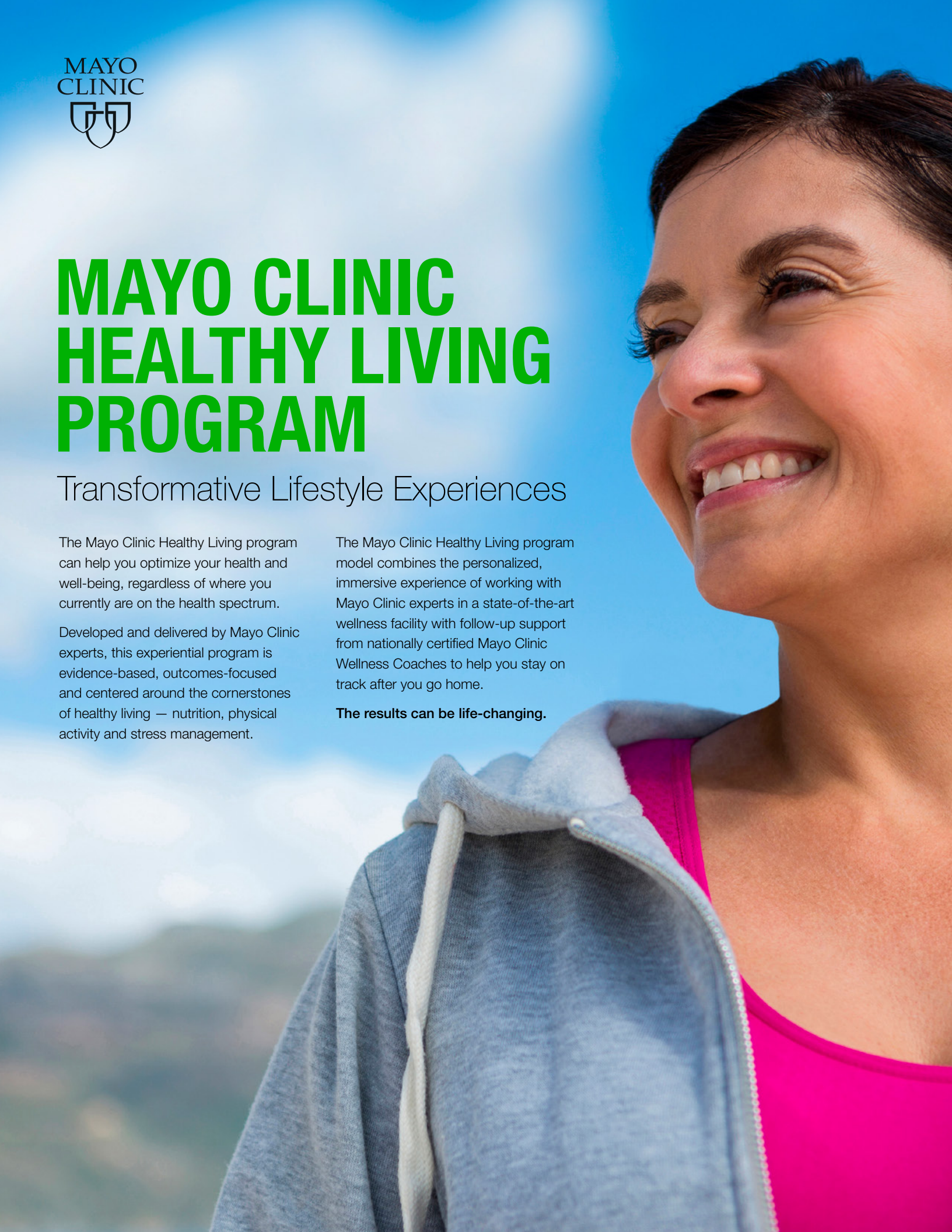
Transformative Lifestyle Experiences

The Mayo Clinic Healthy Living program can help you optimize your health and well-being, regardless of where you currently are on the health spectrum.

Developed and delivered by Mayo Clinic experts, this experiential program is evidence-based, outcomes-focused and centered around the cornerstones of healthy living — nutrition, physical activity and stress management.

The Mayo Clinic Healthy Living program model combines the personalized, immersive experience of working with Mayo Clinic experts in a state-of-the-art wellness facility with follow-up support from nationally certified Mayo Clinic Wellness Coaches to help you stay on track after you go home.

The results can be life-changing.



Program options to fit your interests, your timeframe and your budget

Signature Experience
A comprehensive, life-changing six-month experience combining four days onsite with Mayo Clinic experts with follow-up coaching to help you stick to your plan.

Mayo Clinic Diet Experience
A 12-month weight loss program that starts with two days onsite working with the experts behind The Mayo Clinic Diet followed by a year of coaching support to help you meet your goals.

Physical Activity Assessment
Half or full day options including a data-driven assessment of your physical conditioning and an expert consult to help you reach your next-level fitness goals.

Wellness Essentials Experience
A half-day program including one-on-ones with Mayo Clinic nutrition, exercise and stress experts and a wrap-up planning session with a wellness coach.

Private Sessions
Meet with your choice of Mayo Clinic nutrition, exercise or stress management experts for a personal consult.

Condition-Specific Options
From chronic pain and fibromyalgia to heart disease and diabetes, we have a variety of healthy living experiences tailored to those with unique health needs.

Extended Wellness Coaching
Stay connected to your nationally certified Mayo Clinic Wellness Coach to achieve your healthy living goals.

Group Retreats
Design a custom experience to meet the needs of your group. Weave expert-led wellness experiences into board retreats, executive off-sites, team-building events and more.

Rejuvenate Spa
Enjoy the tranquil environment of our full-service spa as an extension of your healthy living experience.









Add a healthy living experience to your Mayo Clinic visit. Call to learn more about program details, prices and calendar availability.

Personal program experiences: 507-293-2933
Rejuvenate Spa appointments: 507-293-2966
Group retreats: 507-266-5400

Mayo Clinic Healthy Living program
Dan Abraham Healthy Living Center
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healthyliving.mayoclinic.org

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