Mindfulness & Meditation for Healthcare Professional Well-Being

UC Center for Integrative Health and Wellness
Mind-Body Resiliency Retreat

Half-day retreat at the Cincinnati Nature Center includes a brief overview of the impact and primary drivers of burnout in health professionals, with a focus on practical, experiential learning of mind-body skills aimed at reducing the stress response and improving resiliency.

Saturday, March 24, 2018
10 AM – 3 PM
Cincinnati Nature Center, Center for Conservation, Milford, OH

Co-facilitated by
Mehran Attari, MD & Sian Cotton, PhD

Objectives:
1. To briefly review scope of burnout issue and key drivers in healthcare professionals
2. To experientially learn mind-body practices to reduce stress and improve well-being
3. To strengthen relationships with and empathy for colleagues with group connections to ultimately improve quality of health care

Early registration $250/person before March 2
$275/person after March 2

$50 discount available for Academy of Medicine of Cincinnati members.
Registration fee includes healthy lunch and take-home materials.

SPACE IS LIMITED, REGISTER HERE NOW
https://goo.gl/bpazQs

For More Information
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