



NextUp NorCal and Hill Physicians Presents:

Keeping It All Together— Without Losing Yourself

A SELF-CARE EVENT



If you're the one everyone counts on, this event is for you.

We look forward to welcoming you for an evening of connection, inspiration, and actionable strategies to support your mental wellness and overall well-being.

- Network with fellow professionals and community members
- Participate in interactive self-care and mental wellness activities
- Create a personalized self-care toolkit

- Learn practical strategies for managing stress, protecting mental wellness, and navigating overwhelm
- Gain insights from experts on building resilience and preventing burnout
- Enjoy small bites and beverages
- Enter to win raffle prizes designed to help you relax, recharge, and invest in your well-being

FEATURED SPEAKERS



Dr. Nina Kaiser Clinical Psychologist, San Francisco

Nina Kaiser is a founder, speaker, and mother dedicated to advancing mental health and wellness for families, schools, and employers. As Founder of Practice, she has been recognized as an Inc. 500 Female Founder, Tory Burch Foundation Fellow, Goldman Sachs 10,000 Small Businesses graduate, and recipient of the CO-100 Top 100 U.S. Business honor. She brings a unique perspective on managing stress, building resilience, and prioritizing well-being in both professional and personal life. www.practicesanfrancisco.com



Dr. Leena Kamat Family Medicine • San Ramon

Leena Kamat, MD is a board-certified family doctor, who has been a part of Hill Physicians Medical Group since 2017. She also serves as the Primary Care Chief in TriValley and sits on the investment committee and IT council. Dr Kamat graduated from medical school in 2005, from McMaster University, School of Medicine in Hamilton, Ontario, Canada. She completed her family medicine residency at McMaster as well. She took over her current practice, San Ramon Valley Family Medicine, in May of 2017, where she is the sole physician with a small staff. She is a firm believer in the effectiveness of family medicine for primary and preventative care. <https://www.hillphysicians.com/>

November 12, 2026

4:00-7:00pm - Doors Open at 3:30. \$20 member/\$30 Non-Member

[Click Here to Register](#)



Come for the connections. Leave with tools you can use every day.