



**SONOMA COUNTY  
MEDICAL ASSOCIATION**

# **PHYSICIAN'S BURNOUT PREVENTION MIND-BODY SKILLS GROUP RESILIENCE AS A PRACTICE**

(Skills group is limited to 10 attendees)

Contact Wendy at [exec@scma.org](mailto:exec@scma.org) or phone: (707) 525-4375.

**OCTOBER 9-DECEMBER 4 : 6:00 – 8:00 PM  
(WEEKLY ON WEDNESDAY FOR 8 WEEKS)**

SCMA OFFICE: 2312 BETHARDS DRIVE, #6, SANTA ROSA

**TRAINED FACILITATORS: COURTNEY KING, MD & WENDY YOUNG**

Join us in the comfort of a small, supportive group and learn how to use a variety of mind-body based techniques for self-care, stress management, enhancing your resilience and self-awareness.

During the 8 weeks, we will guide you through the use of various evidence-based techniques including guided imagery, biofeedback, movement, meditation, and art.

*Please be willing to commit to the entire program.  
The trust and security of the group is key to its success.*

In collaboration with:



Sonoma Community  
**RESILIENCE**  
Collaborative