



**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 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