



# THE DOCTOR'S LOUNGE

## A Physician Wellness Program



Sierra Community Medical Foundation is providing local physicians with the opportunity to meet in a group atmosphere with like minded peers and discuss day to day challenges. This is a group designed by physicians for physicians.

Our Peer groups are held in the home of a local physician and facilitated by a vetted life coach.

ROCKLIN CA  
LAST TUESDAY OF EVERY  
MONTH AT 6:30 PM,

Practicing the art of personal wellness and resiliency in a group atmosphere in order to restore & create one's joy and fulfillment in life.



**Hosted by Jane Teng, DO**  
Dr. Teng is an artist, musician and pilot, and has a passion for travel and life-long learning. She is the founder of Teng Medical Foundation in Lincoln, CA where she practices Family Medicine



**Facilitated by Steve Seay**  
Steve has spent over 15 years working in the healthcare arena. Steve is a coach, speaker, leadership training and development expert who works with individuals, groups, and companies to help them reach their full potential



Please RSVP to Tina Morteboy at [tina@pncms.org](mailto:tina@pncms.org) or (530) 334-3490