

# A Virtual Fireside Chat with Dr. Jillian Horton & Dr. Elizabeth Muggah



**Dr. Jillian Horton**

Associate Chair, Department of Internal Medicine  
Director, Alan Klass Medical Humanities Program



**Dr. Elizabeth Muggah**

Assistant Dean, Faculty Wellness Program

**Tuesday, January 25 4:30 - 6:00**

The Faculty Wellness Program would like to welcome Dr. Jillian Horton, a general internist, associate chair of the Department of Internal Medicine and director at the Alan Klass Medical Humanities Program at the Max Rady College of Medicine in Winnipeg, Manitoba, as they explore wellbeing and the medical culture including ways that we individually and collectively support a shift towards prioritizing wellbeing.

## Objectives

1. Create an opportunity for personal reflection about wellbeing and medical culture
2. Explore individual practices that can be applied in the course of your clinical day
3. Learn ways that we can create a new medical culture that prioritizes wellbeing

<https://uottawacpd.eventsair.com/wellness-webinar-series-2021-2022/jan25>

