

# Women in Psychiatry



## ARIZONA PSYCHIATRIC SOCIETY

*Promoting the welfare of those with mental illness  
and fostering principles of psychiatry.*

### *Networking and Wellness Brunch*

**Featuring Robin Reesal, MD, FAPA, on "Happiness, Stress, and Lifestyle Changes"**



**Saturday, January 13, 2018 (New Date in the New Year!)**

10:30 to 11:15 am – Meet and Greet

11:15 to 12:15 pm – Brunch, Wellness Presentation, and Group Discussion

12:15 to 12:30 pm – Wrap-up and Socialization



**University Club, Garden Room**

39 East Monte Vista, Phoenix, Arizona



Registration open to all female psychiatric providers

**Register today at: <https://aps-women-2017brunch.eventbrite.com>**

\$15.00 Physician/Resident; \$20.00 Other Behavioral Health Provider

Join fellow Women in Psychiatry for collegial connection and socialization, brunch, and a presentation by Dr. Robin Reesal, discussion about happiness, stress, and positive lifestyle. Dr. Reesal's goal is to leave you each with more evidence-based for a quieter mind and healthier body.

From *The World Happiness 2017*'s report on "Where are we and what makes us happy?" to the role of negative and positive our lives, Dr. Reesal empowers us to tackle simple lifestyle that have the potential to improve our health. Understanding behavioral underpinnings of change allows us to achieve lasting healthy patterns. Together, we can develop new habits in how we socialize, how we treat ourselves, how we eat, how we care for our bodies, and how we build resilience.

***Helen Keller described a lifestyle change for happiness. "Happiness calls out responsive gladness in others...Join the great company of those who make the barren places of life fruitful with kindness."***

Dr. Reesal is an internationally experienced psychiatrist with a background in psychopharmacology, behavior therapy, and mental health education. He is starting an evidence-based prevention and education focused telehealth practice for working professionals. This is an added service to standard healthcare.



with a  
changes.  
choices

happiest  
stress in  
changes  
the

**Questions? Contact Mona Amini, MD, MBA, FAPA, Women's Group Chair, [monaaminimd@gmail.com](mailto:monaaminimd@gmail.com) or  
Teri ([teri@azmed.org](mailto:teri@azmed.org)), 602-316-3241 (cell), 602-347-6903 (office)**