

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: <http://ow.ly/1PGQ30gVQZK>

\$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, with a discussion about happiness, stress, and positive lifestyle changes. Dr. Reesal's goal is to leave you each with more evidence-based choices for a quieter mind and healthier body.

From *The World Happiness 2017*'s report on "Where are we happiest and what makes us happy?" to the role of negative and positive stress in our lives, Dr. Reesal empowers us to tackle simple lifestyle changes that have the potential to improve our health.

Understanding the 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.

**Questions? Contact Mona Amini, MD, MBA, FAPA, Women's Group Chair, monaaminimd@gmail.com or
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