Personal Renewal Wellness Retreat
FRIDAY, JUNE 04, 2021
ZOOM / WEBINAR
8 AM TO 4 PM

This one-day mindfulness and resiliency educational day has been designed specifically for faculty, physicians, and healthcare providers. This program will include topics such as overcoming adversity, suicide prevention, and coaching to wellness. We will also have an afternoon workshop where we practice techniques to equip you with tools and tips on incorporating mindfulness into your daily routine. In this experiential workshop, you will:

- Engage in practical exercises
- Get personalized coaching and feedback from the instructors
- Discuss strategies for applying the skills

To register for this event visit: https://www.eventbrite.com/e/personal-renewal-wellness-conference-tickets-148061344467