

## SPONSORS



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## SUPPORTERS



### **AN EVENING RETREAT FOR PHYSICIANS: PREVENTING BURNOUT**

**Faculty: Steven F. Horowitz, M.D., F.A.C.C.  
Emeritus Chief, Division of Cardiology, Stamford Hospital and  
Professor of Clinical Medicine, Columbia University Vagelos College of  
Physicians and Surgeons**

**Thursday, October 18  
6:00 p.m. to 9:00 p.m.**

**LaKota Oaks  
(formerly Dolce Norwalk)  
32 Weed Avenue  
Norwalk, CT**

The U.S. healthcare system is rapidly changing in an effort to deliver better care, improve health, and lower costs while providing care for an aging population with a high rate of chronic disease and comorbidities. Among the changes affecting clinical practice are new payment and delivery approaches, EMRs, patient portals, and public reported quality metrics—all of which change the landscape on how care is provided.

As a result of these changes and added pressures, many physicians are burned out, a syndrome characterized by a high degree of emotional exhaustion and depersonalization, and a low sense of control and personal accomplishment.

#### Learning objectives:

- Participants will learn more about the multiple factors contributing to professional stress and burnout, as well as strategies to minimize its impact.
- Participants will learn the fundamentals and importance of time management in maintaining resilience and life balance.
- Participants will gain a renewed appreciation for reconnecting with colleagues, rediscovering the soul of medicine, and reclaiming a more joyful and balanced life.

**Attendees will be awarded 2.5 AMA PRA Category 1 credit(s)™**

This activity has been planned and implemented in accordance with the essentials and standards of the Connecticut State Medical Society through the joint sponsorship of Norwalk Hospital and the Fairfield County Medical Association.

Norwalk Hospital is accredited by the Connecticut State Medical Society to provide continuing medical education for physicians. Norwalk Hospital designates this activity for a maximum of 2.5 AMA PRA Category 1 credits.™ Physicians should only claim credit commensurate with the extent of their participation in the activity.

The speaker of this activity has no relationship with any commercial organization providing direct or indirect financial support including but not limited to gifts, special incentives, medications, devices, or other products.

Refunds will be given if we receive your cancellation within three (3) business days of the event.

### **AN EVENING RETREAT FOR PHYSICIANS: PREVENTING BURNOUT– October 18, 2018 \$75.00/per physician**

Name(s): \_\_\_\_\_

Name of Medical Practice: \_\_\_\_\_ Number of physicians in group\_\_\_\_\_

Address: \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Credit card number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

**Register online at [www.fcma.org](http://www.fcma.org) or complete this registration form and return to FCMA with payment.  
FCMA, 917 Bridgeport Avenue, Shelton, CT 06484  
Fax: (203) 513-8036 / Email: [johanna@fcma.org](mailto:johanna@fcma.org)**