

University of Rochester Medical Center
2021-2022 Faculty and Clinician Wellness Series
*Co-Sponsored by URSMD Office for Faculty Development and
URMC Medical Faculty and Clinician Wellness Program
and in Collaboration with UR Well-U*

UPCOMING SEMINAR

Creating a Mindful Work Environment

Thursday, November 4, 2021

12:00 PM – 1:00 PM

To register for this seminar: <https://forms.gle/8uNTwemFMj1YkNty6>

Presented by:

Marla Pelletier, BA

Mindfulness & Meditation Instructor
Inward Office

This is an active workshop where we will candidly reflect on the current state of mindfulness at work and our relationship to our work environment.

Learning Objectives:

At the end of this workshop, participants will be able to:

- Transfer mindfulness practice to action in the workplace
- Identify individual obstacles that limit workplace mindfulness
- List four tips that can be done right away to apply mindfulness practice to daily living

Open to all faculty, staff, and students

The Medical Faculty and Clinician Wellness Series is a qualifying activity for the 2021 URM Malpractice Premium Differential Program.

ACCREDITATION The University of Rochester School of Medicine and Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CERTIFICATION The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 1 *AMA PRA Category 1 Credits(s)*[™]. Physicians should claim only the credit commensurate with extent of their participation in the activity.