UPCOMING SEMINAR

Put On Your Oxygen Mask First
Personal Strategy and Tools for Clinician Wellness

Wednesday, November 20, 2019
12:00 PM – 1:00 PM
CEL | 2.7536

For remote viewing:
https://rochester.zoom.us/j/190584448

Presented by

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At the conclusion of the seminar, the participant will be able to:
1. Appreciate that burnout is a dilemma and not a simple problem, requiring vision, strategy and tactics
2. Understand the importance of reducing stress as well as recharging in maintaining wellness
3. Create an ideal job/life description (vision), and a strategy of 2-3 tactics to try over the next month.

To register for this seminar
https://redcap.urmc.rochester.edu/redcap/surveys/?s=JRD47THMPH

Faculty, PAs, NPs, Residents, Fellows, Students and Staff are welcome to attend.
Light lunch will be served.

The Medical Faculty and Clinician Wellness Series is a qualifying activity for the 2020 URMC Malpractice Premium Differential Program. In-person attendance at the seminar is needed to qualify for malpractice reduction and CME credits.

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 the extent of their participation in the activity.