

Hurley Medical Center presents:

Awareness, Reflection & Meaning-Making: Creating a Professional Toolkit for Resilience, Wellbeing & Vitality

Wednesday, September 25, 2019

Hurley Medical Center

Charles White Conference Center, Side A & B

PROGRAM AGENDA:

12:30 p.m. Registration & Buffet Lunch

12:50 p.m. Welcome/Introduction

1:00 p.m. **HEDY S. WALD, PhD**

Clinical Professor of Family Medicine,

Warren Alpert Medical School of Brown University,

Providence, Rhode Island; and

Director, Resident Resilience & Wellbeing, Residency Programs in

Child Neurology & Neurodevelopmental Disabilities,

Boston Children's Hospital-Harvard Medical School,

Boston, Massachusetts

3:30 p.m. Adjourn

REGISTRATION: Call: **1-855-310-3627,**

Online: **education.hurleymc.com/cme/calendar,**

~ or ~ SNAP THIS QR CODE:

If you do not have a QR Code reader on your cell phone, go to the App store and search "QR Reader".



There is No tuition fee for this CME activity.

EDUCATIONAL OBJECTIVES:

Upon completion of this activity, participants will be able to:

- Define resilience as part of healthy lifelong professional identity formation and be aware of interventions to foster resilience at individual and systems levels
- Integrate protective strategies for reducing stress and cultivating resilience to mitigate/prevent burnout and promote wellbeing/vitality
- Participate in experiential learning exercises (mindful awareness, reflective writing, art immersion, positive psychology principles) as a professional toolkit to foster awareness and meaning-making for boosting professional resilience and vitality

ACCREDITATION STATEMENT:

Hurley Medical Center is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.

DESIGNATION STATEMENT:

Hurley Medical Center designates this live activity for a maximum of **2.5 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

TARGET AUDIENCE: Hurley Medical Center Core Faculty and Nurse Managers



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