MARCH 17 – 21
2014

McMASTER UNIVERSITY

PHYSICIAN WELLNESS WEEK

March 17 – 21, 2014

Physician Wellness Week

MARCH 17, 12:00-13:00 MDCL 3023
MINDFULNESS & PHYSICIAN HEALTH
SPEAKERS: Drs Ken Burgess and Michael Vesselego

MARCH 17, 18:00-19:00 MDCL 3020: VIDEO CONFERENCED
MINDFULNESS & PHYSICIAN HEALTH: KEEPING THE DOC HEALTHY
Speaker: Dr. Harry Vedelago, Chief, Addiction Medicine Homewood Health Centre

MARCH 18, 12:00-12:40 MDCL 2232
ZUMBA CLASS
Dance it up with Laura Stokoe! Email registration furlong@mcmaster.ca

MARCH 17, ST JOES WELLNESS CENTER
MARCH 20, HGH MARG CHARTERS AUDITORIUM
13:00-16:00
FIFTEEN MINUTE Massages
Offered by Main West Massage drop by or register: furlong@mcmaster.ca

MARCH 17, 18:00-19:00 MDCL 3020: VIDEO CONFERENCED
MINDFULNESS & PHYSICIAN HEALTH: KEEPING THE DOC HEALTHY
Speaker: Dr. Harry Vedelago, Chief, Addiction Medicine Homewood Health Centre

MARCH 19, 18:00-19:00 MDCL 2232
WORK-LIFE BALANCE IN MEDICINE: MYTH OR POSSIBILITY
Speakers: Drs. Jill Rudkowski, John Neary, Susan Reid, Carys Massarella
* Light refreshments available

MARCH 20, 17:00-19:00 MCMaster MUSEUM OF ART
SPARK YOUR CREATIVITY AT THE MCMaster MUSEUM OF ART
An evening of visual literacy, art history and creativity. Registration: furlong@mcmaster.ca

MUSIC IN THE HOSPITALS
As you go about your work, listen to the calming and meditative music played by hospital volunteers

FHS.MCMASTER.CA/WELLNESS

PHYSICIANS | RESIDENTS | MEDICAL STUDENTS | PA STUDENTS | TEACHERS

Check medportal for more ideas, tools & resources

Follow us on twitter: @MacMDsupport
What is mindfulness and why are people so interested in it these days? Participants in this session should come away with some understanding of the neuroscientific basis of mindfulness as well as how mindfulness help physicians maintain health, resilience and the quality of care and teaching. Some information about mindfulness programs available for physicians and other healthcare providers in our community will be provided.

MONDAY MARCH 17 • 12:00-13:00 • MDCL 3023

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PHYSICIAN WELLNESS WEEK

WORK-LIFE BALANCE IN MEDICINE: MYTH OR POSSIBILITY

SPEAKERS: DR. JILL RUDKOWSKI, JOHN NEARY, SUSAN REID, CARYS MASSARELLA

Is it possible to have a demanding professional career and a fulfilling personal life? How can one be a “triple threat” physician (top notch clinician, scholar, teacher) and still enjoy time for self, family and friends? This panel of successful physicians will offer insights & reflections and respond to your ideas and questions. *Light refreshments available*

WEDNESDAY MARCH 19 • 18:00-19:00 • MDCL 2232

FHS.MCMASTER.CA/WELLNESS
SPARK YOUR CREATIVITY AT THE MCMASTER MUSEUM OF ART

“ART WASHES AWAY FROM THE SOUL THE DUST OF EVERY-DAY LIFE.” PABLO PICASSO

Ignite your cultured self by learning how to look at and interpret great works of art while finding your own artistic side! The McMaster Museum of Art welcomes you for a Wellness Week evening of visual literacy, art history and creativity. Email registration furlong@mcmaster.ca

Hurry – registration is limited!

THURSDAY MARCH 20 • 17:00-19:00 • MCMASTER MUSEUM OF ART

FHS.MCMASTER.CA/WELLNESS
FIFTEEN MINUTE MASSAGE
OFFERED BY MAIN WEST MASSAGE

Take a few minutes out of your busy day for yourself! Neck/shoulder, hand/arm – come by and feel relaxed and energized. Just drop by or email registration: furlong@mcmaster.ca

**MONDAY MARCH 17 • 13:00-16:00 • ST JOSEPH’S HEALTH CARE CHARLTON CAMPUS, WELLNESS CENTER**

**THURSDAY MARCH 20 • 13:00-16:00 • HAMILTON HEALTH SCIENCES HAMILTON GENERAL HOSPITAL, MARG CHARTERS AUDITORIUM**

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ZUMBA CLASS
DANCE IT UP WITH LAURA STOKOE!

40 minutes of high energy movement Wear work out clothes and prepare to sweat.

Limited registration so act fast

Email registration furlong@mcmaster.ca

TUESDAY MARCH 18 • 12:00-12:40 • MDCL 2232

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PHYSICIAN MENTAL HEALTH

FITNESS

NUTRITION

ARTS AND MEDICINE

FITNESS
PHYSICIAN MENTAL HEALTH: KEEPING THE DOC HEALTHY

SPEAKER: DR. HARRY VEDELAGO, CHIEF, ADDICTION MEDICINE, HOMEOOD HEALTH CENTRE

MDCL 3020 videoconferenced

MONDAY MARCH 17 • 18:00-19:00

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