Medical Education Day
School of Medicine Room 120
Monday, March 20, 2017
11:30am-5:00pm

Staff, Students, Residents/Fellows, and Faculty are encouraged to attend!

11:30am – 12:00pm
Wellness Posters & Displays in the SOM Lobby
Lunch provided for the first 120 participants

12:00pm – 1:00pm
Keynote address: “Cultivating Meaning, Balance and Satisfaction in the Practice of Medicine: Individual and Organizational Approaches”
by Tait Shanafelt, MD, Director, Mayo Clinic Physician Well-Being Program, Professor of Medical Education

1:15pm – 5:00pm
Panel Discussions & Interactive Sessions:
See Simultaneous Sessions Below
“Maintaining the Joy of Practice in Today’s Healthcare Environment”
Chris Larsen, MD, PhD, Mark Rappaport, MD, Lucky Jain, MD, Carolyn Meltzer, MD:
“Building a Culture of Wellness”
Michelle Lall, MD, MHS, Cherie Hill, MD, Jason Schneider, MD:
“Time Management”
Mary Jo Lechowicz, MD, Philip Shayne, MD, Paula Gomes, PsyD:
“Recognizing the Not-Well Trainee/Colleague and What to do About It”

1:15pm – 5:00pm
Multiple wellness sessions running throughout the afternoon:
See Simultaneous Sessions Above
Alok Desphande, MBA: Financial Wellness
Rebecca Seidel, MD: Ergonomics
Roberto Lobelo, MD, PHD, FAHA: Exercise as Medicine
Jenny Mascaro, PhD and Tim Harrison, Senior CBCT® Teacher:
Cognitive Based Compassion Training
Emory Counseling and Psychological Services (CAPS): Pet Therapy
Carla Haack, MD: Yoga on the SOM front lawn
Blomeyer Fitness Center: Exercise Options for Busy People
Blomeyer Fitness Center: Your Environment & Health
Dawn McMillan, MS, RD: Nutrition & Healthy Eating
Linda Grabbe, PhD/FNP-BC: Community Resiliency Model - “I Chill” app
Geraldine Gaines, BA: Tabata – 4 minute workouts
EXCEL Team: Working Well as a Team Using 5 Principles
Shontell Stanford, Be Mindful to be Mindful