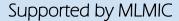
Steps to Physician Wellness & Resiliency





Sponsored by MSSNY's Committees on Physician Wellness and Resiliency & Quality Improvement and Patient Safety

Live Webinar

Thursday December 10, 2020 @ 7:30-8:30am

Faculty: Frank Dowling, MD Educational Objectives:

- Review the warning signs that stress, depression, anxiety or substance use may impact work or personal life
- Identify strategies to increase personal empowerment towards making positive change, including self-assessment tools
- Recognize self-monitoring strategies for stress related problems and know when to seek professional assistance

Click here to register

For more information, contact:

Cayla Lauder at clauder@mssny.org or call (518) 465-8085

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