

# Global Physicians Network Foundation

Connect, Care and Contribute for the wellbeing of the community  
Engage, Educate and Empower healthcare professionals and the community



## 'Wellness Discussion'

### Interactive Series for Frontlines

#### Session 1: **Current Events and Creating Change: A Conversation**

Date: Sunday June 7th 2020

Time: 7:00pm-7:40pm

#### Session 2: **Creating a Personal Wellness Plan**

Date: Sunday June 14th 2020

Time: 7:00pm-7:40pm

#### Session 3: **Leadership, Volunteering & Wellness**

Date: Sunday June 21st 2020

Time: 7:00pm-7:40pm

#### Session 4: **Arts & Wellness**

Date: Sunday June 28th 2020

Time: 7:00pm-7:40pm

#### Session 5: **Its a Wrap! Cooking together to create Wellness**

Date: Sunday July 5th 2020

Time: 7:00pm-7:40pm

Registration is Required for the complimentary sessions. Here is the Link:

[https://docs.google.com/forms/d/e/1FAIpQLScQifx9Y7hFLRgRWKCpkaq1Wo5b21Pw5q0mTp6kiDI22bGtDA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScQifx9Y7hFLRgRWKCpkaq1Wo5b21Pw5q0mTp6kiDI22bGtDA/viewform?usp=sf_link)

Topic: GPNF Wellness Discussion: Sundays at 7pm Series

Time: Jun 7, 2020 07:00 PM Eastern Time (US and Canada)

Every week on Sun, until July 5, 2020, 5 occurrence(s)

Jun 7, 2020 07:00 PM

Jun 14, 2020 07:00 PM

Jun 21, 2020 07:00 PM

Jun 28, 2020 07:00 PM

July 5, 2020 07:00PM

**Join Zoom Meeting (Login information and a unique password will be sent following registration)**

**Educational Objectives:**

**Gain a Better understanding of Burnout and the meaning of Wellness**

**Learn strategies which promote good health and resilience**

**Create a meaningful personal wellness plan**

**Participate in discussions to promote mental health and personal well-being**

*Sessions are complimentary however space is limited by Zoom capacity. Literature/Resources on the topic will be provided and sessions are for general educational purposes only. For information or for Pre-registration, contact [info@gpnfoundation.org](mailto:info@gpnfoundation.org)*