

Lessons From the Bike: A Wellness CME Adventure
Bike Durango, Colorado to Moab, Utah
[CLICK HERE FOR RIDE DETAILS](#)
August 14-August 20, 2022
Price: \$2000

Description:

Come join this ride that combines interactive CME that focuses on burnout as well as the serenity of open wilderness, tent camping, dinner over the fire and time to wind down. This ride occurs over 6 days and a little over 200 miles and you will traverse some of the most beautiful and remote terrain transitioning from gorgeous high mountains to the one-of-a-kind desert terrain in Moab. See link for full details, but briefly, route includes mountain, service and jeep roads, as well as some sections of single track mountain and desert.

- This tour is appropriate for intermediate and advanced riders, especially good for road bikers interested in a trip on the dirt!

Learning Objectives:

- Define and practice the aspects of a team
- Explore mindset as well as how it can be affected by interactions with others.
- Describe what can be learned from an outdoor adventure that can be applied to everyday life, both personal and professionally.
- Demonstrate and practice several tools that can be applied to daily life to improve wellness and symptoms of burnout.

Designation statement:

The Warren Wellness MD designates this live activity for a maximum of 34 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation statement: WARREN WELLNESS MD IS ACCREDITED BY THE TEXAS MEDICAL ASSOCIATION TO PROVIDE CONTINUING MEDICAL EDUCATION FOR PHYSICIANS.

Faculty Disclosures: The course directors, planners and faculty of this activity have the following relevant financial relationships to disclose: None (Rebekah Mills, Dr. Thomas Warren)

This event will include 1 hour of ethics credit.

Providers outside of Texas are eligible for CME with this conference

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AGENDA

SUNDAY, AUGUST 14, 2022 | Arrive in Durango

Dinner (location TBD): Introductions/Course format/review travel agenda from tour company

MONDAY, AUGUST 15, 2022 | Depart for Moab through Hermosa

6:00-6:45: Breakfast

Session 1: Awareness

7:00-10:00: Team Building Skills

5:00: Dinner

7:00: Session 2, Group Discussion

Review day's team observations

TUESDAY, AUGUST 16, 2022

6:00-6:45: Breakfast

Session 3: How to see beyond "me"

7:00-10:00: Team Building Skills

5:00: Dinner

7:00: Session 4, Group Discussion

Review day's team observations

WEDNESDAY, AUGUST 17, 2022

6:00-6:45: Breakfast

Session 5: Coping Skills

7:00-10:00: Team Building Skills (3 hours)

5:00: Dinner

7:00: Session 6: Group Discussion, Developing an action plan

THURSDAY, AUGUST 18, 2022

6:00-6:45: Breakfast

Session 7: Space is Grace

7:00-10:00: Team Building Skills (3 hours)

5:00: Dinner

7:00: Session 8, Group Discussion, System is "us"

FRIDAY, AUGUST 19, 2022

6:00-6:45: Breakfast

Session 9: Balance

7:00-10:00: Team Building Skills (3 hours)

5:00: Dinner

7:00: Session 10, Group Discussion, application of balance

SATURDAY, AUGUST 20, 2022

6:00-6:45: Breakfast

Session 11: Who is your Mickey Mantle?

7:00-10:00: Team Building Skills (3 hours)

5:00: Dinner

7:00: Session 12, Group Discussion, final thoughts, plan

***Arrive approximately 7pm to Durango

Virtual follow-up dates via zoom will be provided.