

Pagosa Springs Wellness CME & Medical/Surgical Update August 6-9, 2023 Winslow on the Shire Resort Pagosa Springs Colorado

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Occupational related overwhelm, many times phrased “burnout”, affects all areas of life. This event will be a small group setting (less than 10 individuals) and topics will be introduced in a 15 - 20 minute presentation, followed by group-led discussions. We provide follow-up monthly sessions on Zoom after the event with the opportunity for CME as well. We understand that not everyone will choose to participate in the conversations, and that is okay, although we find that this is the favorite part of our events. Previous attendees rave about the small group, discussion format, which leaves them feeling refreshed, the ability to form new relationships with fellow professionals, and a rare opportunity to discuss challenges faced in day to day work life. Medical/Surgical updates will be tied into the wellness lectures as well. Programming ends early afternoon to allow for time to enjoy the area with those you care about. This is definitely a family friendly event.

Objectives:

- Investigate the power of awareness and how it can manifest in the individual and group
- Describe methods for navigating life and its challenges
- Illustrate a plan to enhance the way life is perceived and engaged

All sessions and meals will take place at the Winslow on the Shire Resort

Sunday, August 6, 2023

6:00 PM - Check-in
7:00 PM - Supper/introductions
8:00 PM - Boundaries

Monday, August 7, 2023

6:00 AM - Optional Walk/Jog/Physical activity
7:00 AM - Breakfast
8:00 AM - The Pyramid Part 1: Awareness
9:00 AM - The Pyramid Part 2: Choice
10:00 AM - Meditation/Mindfulness Activity
11:00 AM - The Pyramid Part 3: Behavior
12:00 AM - Lunch
1:00 PM - The Pyramid Part 4: Peace
2:00 PM - Occupation Related Overwhelm

Tuesday, August 8, 2023

6:00 AM - Optional Walk/Jog/Physical activity
7:00 AM - Breakfast
8:00 AM - Surgical Update 2023
9:00 AM - Surgical Update Part 2
10:00 AM - Meditation/Mindfulness Activity
11:00 AM - Update in Ambulatory Medicine
12:00 PM - Lunch
1:00 PM - Update in Ambulatory Medicine Part 2
2:00 PM - Psychiatry Update 2023

Wednesday, August 9, 2023

6:00 AM - Optional Walk/Jog/Physical activity
7:00 AM - Breakfast
8:00 AM - Capstone/Application
9:00 AM - Closing Remarks/Feedback/Surveys
* 10:00 am Check-Out

Designation statement: The Warren Wellness MD designates this live activity for a maximum of 15 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program will include 1 hour of ethics credit.

Accreditation statement: Warren Wellness MD, PLLC is accredited by the Texas Medical Association to provide continuing medical education for physicians.

Medical professionals outside of the state of Texas are eligible for the CME as well.

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)