

Ohio Physician Well-Being Winter Gathering

Presented by:



Planned in cooperation with:



Ohio Physician
Wellness Coalition

with grant support from
The Physicians Foundation.

To help you prioritize **YOUR** well-being
and stay passionate about your purpose.

JUST WHAT THE DOCTOR ORDERED...

The OSMA is gathering physicians to discuss how to bring the joy back to medicine. As individuals, you are happiest and healthiest when you adopt healthy personal and professional lifestyle choices. In turn, when you are well, your patient care is at its highest quality. Please join us for an evening of food, fellowship and focus—on YOU. Discover new ideas and strategies to maintain professional satisfaction and personal well-being—and emerge feeling empowered and refreshed.

When:

DECEMBER 12, 2019
4:00 pm – 6:00 pm

Where:

Columbus Zoo and Aquarium
[Africa Event Center](#)
4850 W Powell Rd • Powell, OH 43065

Questions?

Call 800-766-6762 or email info@osma.org

AGENDA

3:30 pm Registration/Networking & “Happy Hour”

4:00 pm **Welcome/Introductions/Overview of Ohio Physician Well-Being & Advocacy Efforts**
Evangeline Andarsio, MD, Clinical Professor, Wright State University Boonshoft School of Medicine; Director, Remen Institute for the Study of Health and Illness; Director, National Healer’s Art Program

4:15 pm **Physician Heal Thyself**
Colleen Opremcak, MD, MS, FAPA, Wellness Director, Ohio Physicians Health Program
You counsel your patients on what they can do for a more healthy lifestyle, but do you follow your own advice? What you do, how you do it, and whether you will succeed is influenced by many factors. This session will share simple but powerful ways you can practice self-care using the dimensions of wellness.

4:45 pm

Dinner/Discussion/Experience Sharing

Moderated by Dr. Andarsio and Dr. Opremcak
During the first session we discussed what you can do to take control of your personal well-being. This time will be used as a guided discussion on issues such as EHR and documentation; using your team to their maximum potential; optimizing technology; scheduling strategies and more.

6:00 pm

Adjourn

CONTINUING PROFESSIONAL DEVELOPMENT

- The Ohio State Medical Association is accredited by the ACCME to provide continuing medical education for physicians. The OSMA designates this live activity for a maximum of *1.5 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity. *The content of this course does not relate to any product of a commercial interest; therefore, there are no relevant financial relationships to disclose from the planning committee or faculty.*

PLEASE NOTE:

- This event is for physicians only.
- Free parking (An electronic pass will be emailed to you the week prior to the event.)
- After the event, you are welcome to stay to see the Columbus Zoo Wildlights! (Open until 9:00 p.m.)

PLEASE RSVP



Deadline to Register:
December 2, 2019

Or until capacity is reached. Seating is limited.

Find more education events at:
OSMA.org/Events

Easily RSVP Online at: [OSMA.org/wellbeingrsvp](https://www.osma.org/wellbeingrsvp)

-or- Call: (800) 766-6762

-or- Email this form to info@osma.org

Attendee Information:

Physician's Full Name _____

Physician's Credentials MD DO

Practice/Group Name or Affiliation _____

Practice Status Practicing physician Student Resident Fellow

**A very limited number of seats are being reserved for students/residents/fellows.*

Are you an OSMA member? YES NO

Do you want a Zoo entrance band to view the Wildlights after our event? YES NO

Participant Email *(required)* _____

NOTE: WE MUST COLLECT YOUR EMAIL TO SEND EVENT CONFIRMATIONS AND YOUR PARKING PASS.

Cancellation:

IF YOU NEED TO CANCEL, PLEASE PROVIDE THE COURTESY OF ADVANCED NOTIFICATION BY CALLING THE OSMA AT (614) 527-6762.

Membership Has Advantages.

Learn more at [OSMA.org/Membership](https://www.osma.org/Membership)

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