

## **ACADEMIC HALF DAY**

WEDNESDAY, APRIL 17<sup>TH</sup>, 2013 1:00-4:00 PM

DSB1002, WESTERN

### ***STAYING WELL DURING RESIDENCY***

***WITH Dr. Donald Farquhar, MD, SM, FRCPC***

***Director, Postgraduate Learner Equity & Wellness***

***and***

***Guest Speakers:***



Dr. Lisa Destun, Ph.D  
Registered Psychologist



Mr. Ken Arding, CGA  
Accountant



Mr. Sandy Wetstein, CA  
Accountant

### **Objectives:**

1. Describe factors that influence physician health, well-being, and resiliency
2. Apply practical strategies for managing stress
3. Collect tips for dealing with the financial realities of residency

Live streaming and Videoconferencing will be available upon request. Please RSVP by Monday, April 15, 2013 to [Julie.stuifbergen@schulich.uwo.ca](mailto:Julie.stuifbergen@schulich.uwo.ca)