



Wellness Retreat

TO PROMOTE RESILIENT HEALTHCARE PROFESSIONALS

We invite you to join us for a session exploring various forms of contemplative practice. As healthcare professionals, our work-life and personal-life can often become unbalanced. Learn new and evidence-based practices that can help you develop a better understanding of our own inner resilience and strength.

4.25.23 (0900-1300)
6.20.23 (0900-1300)
7.18.23 (0900-1300)
9.19.23 (0900-1300)
10.10.23 (0900-1300)
11.14.23 (0900-1300)
Morven Farm

If interested in these Wellness retreats, please review the following *SMJH Wellness Retreat Policy* located on the SMJH Hospital Sharepoint site.

**To RSVP please contact:
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