

Sentara Martha Jefferson Hospital

# Employee 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.



**Tuesday, April 23**  
**Monday, May 6**  
**Monday, June 24**  
**Saturday, September 14**  
**Friday, November 1**



**Morven Farm**  
0900-1500 for all



**To RSVP please contact:**  
**Esther Lozano Otis,**  
**eglozan1@sentara.com**



*Retreats are compensated and contact hours offered. Please refer to the SMJH Wellness Retreat Policy on SMJH Staff Wellness Webpage.*



**Martha  
Jefferson Hospital Foundation**

