

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.



**June 11 from 2 – 8 p.m.**  
(Nightshift Offering)

**September 5 from 9 – 3 p.m.**  
(Dayshift Offering)



**Morven Farm**



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



*Retreats are compensated and contact hours offered. Please refer to the SMJH Employee Wellness Retreat Job Aid.*

*Martha  
Jefferson* Hospital Foundation

