



**Mindful Practice**  
IN MEDICINE



**UNIVERSITY OF CALGARY**  
CUMMING SCHOOL OF MEDICINE  
Centre for Mindfulness



**The Cumming School of Medicine  
Centre for Mindfulness  
presents  
University of Rochester's  
Mindful Practice in Medicine  
Workshop presented at the  
Banff Centre for Arts and  
Creativity  
March 10-12th, 2023**



**This workshop, developed by physicians to help medical practitioners and educators respond to the erosion of joy in their work, provides an experiential and interactive learning environment. Our approach is evidence based-as it lessens the effects of burnout and improves well-being, engagement with work, and patient-centered compassionate care.**



**Facilitators - Co-Directors, Mindful Practice in Medicine  
University of Rochester School of Medicine and Dentistry**

**Mick Krasner, MD, FACP**

**Professor of Clinical Medicine and Clinical Family Medicine  
and**

**Ronald Epstein, MD, FAAHPM**

**Professor of Family Medicine, Psychiatry, Oncology, and Medicine  
Director, Center for Communication and Disparities Research**

**Register Now!**



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[More Information](#)

### In-Person Sessions

Friday March 10, 4:00-9:00 PM MT

Saturday March 11, 6:30 AM-8:45 PM MT

Sunday March 12, 6:30 AM-1:45 PM MT

### Follow-Up Webinars

6:00-7:30 PM MT

Tuesday March 21 & March 28,

Monday April 3 and Tuesday April 11

### Learn How To

- Find meaning in your work
- Effectively manage challenges in clinical work
- Improve communication
- Experience clarity and focus
- Be part of a larger community
- Be more resilient
- Listen more deeply
- Cultivate compassion and gratitude
- Become more self-aware

Completion of this course would also meet the CPSA Physician Practice Improvement Program (PPIP) under personal-development category.

### Registration Fees (includes accommodations)

**\$2,395 + GST for Physicians, Other Health Professionals and Full-Time Students/Residents**

Registration deadline is 10:00 PM MDT Wednesday February 8, 2023.

After this deadline, registrations will not be accepted.



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Continuing Medical Education  
and Professional Development

**[cumming.ucalgary.ca/cme](http://cumming.ucalgary.ca/cme)**