

Resident Wellbeing Committee

Wellbeing Event Ideas and Contacts

- PFSP Contact Information
 - Open the PFSP Pages at albertadoctors.org, or using the following link: <https://www.albertadoctors.org/services/physicians/pfsp/i-want-to-learn-more/physician-health-presentations>.
 - Fill out the **Education Request Form** and email it to pfsp@albertadoctors.org or fax it to 403-245-2899.
 - Diane Bird (PFSP Education Coordinator) will help find someone willing and able to do the requested presentation.
- Mindfulness, Wellness, Health or Resilience presentations
 - Speakers
 - Mindfulness: Dr. Catherine Phillips: Catherine@mindfulnessbasedlearning.com (\$500)
 - Resilience: Dr. Marc Cherniwchan of the PFSP (see below)
 - Mindfulness workshop with Dr. Shreyasi Gollapudi – PFSP (see below)
 - Dr. Vincent Hanlon – PFSP (see below)
 - Dr. Erica Dance – Learner Advocacy & Wellness, erdance@ualberta.ca
 - Mindfulness Meditation: Dr. Priscilla Koop – pkoop@ualberta.ca (\$200)
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 - Locations
 - Providence Center, (780) 430-9491, <http://www.providencerenewal.ca/>
Brunch \$10/person
 - Resources (which were used to lead discussions)
 - Case scenarios relating to physician health and wellbeing taken from the CanMEDS Physician Health Guide:
<http://www.royalcollege.ca/portal/page/portal/rc/canmeds/resources/publications/>
 - Iron Doc but Mamta Gautam
 - Discussion of the paper “Dealing with Stress, Burnout and Grief in the Practice of Oncology” – Lancet Oncol 2001 V2
 - Five Principles of Productivity - Covey Foundation, john.smith@franklincovey.com
- Meditation, Yoga, Fitness Classes
 - Training by Agrios
 - 1h 45 min class, \$480
 - jencranston@shaw.ca, www.trainingbyagrios.com
 - Yoga
 - Yoga Central Edmonton, 780-439-0014, <http://www.yogacentral.ca/schedule.htm>
Sheila Shorten, \$75/class
 - Lotus Soul, 780-434-9642, <http://www.lotussoulgym.com/>
 - Climbing Gym (especially conducive to combining with teambuilding)
 - Vertically Inclined: verticallyinclined.com, 780-496-9390, \$21/person

- Nutrition and Cooking Classes
 - Lalitha Taylor, registered dietician with Edmonton Southside Primary Care Network
 - lalitha.taylor@gmail.com
 - Get Cooking with Kathryn Joel
 - www.getcookingedmonton.com, kathryn@getcookingedmonton.com
 - \$80/person
 - Food You Can Cook
 - contact@foodyoucancook.com, 780-433-6599, Elaine Wilson, contact@elainewilson.com
 - 2 hours, \$1000 for 30 attendees
 - Healthy recipes brought by residents

- Team Building
 - Website teampedia, www.teampedia.net

- Resident Room Upgrade ideas
 - TV purchased for call room
 - Movies/videos relating to health and wellness, teaching, relaxation, news
 - Hydration Stations
 - Buying a fridge or water cooler where residents can access healthy drinks while on call
 - Library - Purchase wellness books for the residents room

- General fun and/or meaningful activities which can be combined with a presentation, reflective practice, discussion or other wellbeing minded event
 - Maligne Icefields Walk - Overlander Trekking, Jasper AB, 780-852-3301 (\$46.75/person)
 - Go Karting - Speeders Indoor Go Karting Arena (\$80/person), <http://www.speeders.ca/>
 - Pottery making - Crankpots, 780-414-1005, <https://www.facebook.com/Crankpots>, \$14/participant
 - In this case each resident made a mug for a colleague with at least 3 positive attributes about that person included in the mug
 - Pitch and Putt - Kinsmen Park Pitch and Putt 780-423-1626
 - Christmas Cards for donation to the Mustard Seed
 - Collection of toiletries for donation to a shelter
 - Serving dinner at a local shelter
 - Skiing - Sunridge Ski Area, info@sunridgeskiarea.com, 780-449-6555
 - Pillow case decorating
 - Bowling - Gateway bowling, <http://gatewaybowl.com/>, \$65/hr/lane
 - Group painting - 4 Cats Art Studio, <http://www.4cats.com/>
 - White Water Rafting - Wild Water Adventure Company, <http://wildwater.com/>

- Financial Planning
 - MD Management
 - <https://mdm.ca/>