



Dear Friend,

The OSMA's Physician Well-Being Committee (OPWC), *that I just so happen to staff*, will be holding a **Physician Well-Being Winter Gathering at the Columbus Zoo on December 12 from 4-6pm.**

This event is free to all Ohio physicians and includes appetizers, dinner, and 1.5 hours of C.M.E. Attendance also includes free access to the Columbus Zoo's popular Wildlights event. Physicians should not miss this event!

What can you expect? We will provide a quick overview of local and national physician well-being advocacy efforts as well as a presentation by a well-known physician wellness director, Dr. Colleen Opremcak. The evening will end with an open forum discussion focused on how physicians can optimize time, talents, and technology to help lessen stress in the workplace (and at home).

For more information and to register please visit www.osmawellbeing.org

Take care,

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www.osma.org

