

29TH
ANNUAL

BALANCE FOR
WOMEN
PHYSICIANS
CONFERENCE

“Hurt, Healing, Hope”



BRECKENRIDGE, COLORADO

Conference Agenda

Location: Mountain Thunder Lodge

50 Mountain Thunder Dr,
Breckenridge, CO 80424

Phone Number: 970-547-5650

Meeting Location: TBD

15.5 CME Credits

Thursday, August 1, 2019

1:00 pm	Gathering/Registration at Condo Unit #TBD
1:45 - 3:15 pm	Sisters Sharing Stories
3:30 -5:30 pm	“Writing Through Darkness” Max Regan, MFA & Cathy Luh, MD
6:00 - 9:00 pm	Creative Art Fun @ Ready Paint Fire (Food Provided) (There is a fee for the individual project you choose)

Friday, August 2, 2019

7:00 am	Yoga (optional) Wendy Smith
7:30 - 8:30 am	Breakfast
8:30 - 9:30 am	“Vicarious Trauma Survival For Physicians” Doris Gundersen, MD

9:30 - 10:00 am	Break with Music and Motion
10:00 - 11:30 am	“Lyme Disease, What You May Not Know” Nancy Brown, MD
11:30 - 12:30 pm	Lunch
12:30 - 2:30 pm	Option A: Ten Doors to Hope and Healing, Part 1 Max Regan, MFA & Cathy Luh, MD Creative/Therapeutic writing class, (extra fee for optional attendance)
	Option B: Rejuvenation Time on Your Own
2:30 - 4:30 pm	“Human Trafficking Training For Physicians” Laboratory to Combat Human Trafficking Dr. AnnJanette Alejano- Steele & Amanda Finger
6:00 pm	Group Dinner (Optional Social Event)

Saturday, August 3, 2019

7:00 am	Yoga (optional) Wendy Smith
7:30 - 8:30 am	Breakfast
8:30 - 9:30 am	“Negotiating As If Your Livelihood Depends On It” Felecia Froe, MD
9:30 - 10:30 am	Break with Music and Motion
10:00 - 11:00 am	“Palliative and Hospice Care As Something You Can Use” Mary Fairbanks, MD
11:00 - 12:00 am	“Nature Immersion Exercise” Wendy Smith
12:00 - 1:00 pm	Lunch

1:00 - 3:00 pm

Option A: Ten Doors to Hope and Healing, Part 2

Max Regan, MFA & Cathy Luh, MD
Creative/Therapeutic writing class,
(extra fee for optional attendance)

Option B: Rejuvenation Time on Your Own

3:30 - 4:30 pm

Book Review and Discussion:

"The Body Keeps the Score: Brain, Mind and Body
in the Healing of Trauma" by Bessel van der
Kolk, MD

Discussion Leader: Doris Gundersen, MD

6:00 - 8:00 pm

Movie and Discussion:

"Children of the Camps"

Discussion Leader: Sandy Cohen, MD

Sunday, August 4, 2019

8:00 am

Yoga (optional) Wendy Smith

8:30 - 9:30 am

Breakfast

9:30 - 10:30 am

"Energy Session"

Wendy Smith

10:30 - 11:30 am

Business Meeting and Planning



"Balance"

This one word is what every physician seeks, but where and when can you find it...