

Proposed Wellness Seminar Schedule 2015-16

Time	August	September	October	November	December	January	February	March	April
<b>Room</b>	Jaffar	Green	Margherio	Jaffar	Green	301/302	301/302	301/302	TBD
<b>Event 1</b>	The Impact of Stress on Performance Required for all Year 1 students August 19, 12-1	<b>How to Succeed in Medical School?</b> September 18, 12-1	<b>Mindfulness and Meditation</b> October 2 12-1	<b>Embodying Empathy</b> November 11, 12-1	<b>Finding the Perfect Balance</b> December 2, 12-1	Having the Conversation January 15, 12-1 Coping with end of life issues	<b>The Impaired Physician</b> Feb 1 12-1 Wants	Who Wants to be a Millionaire March 7 12-1	Free Messages! April 6 12-2
<b>Presenter</b>	Dr. Eva Waineo	Dr. Lisa MacLean	Dr. David Richardson	Rabbi Krakoff	Rabbi Krakoff	Rabbi Krakoff Partnering with HemeOnc Peer Education <a href="mailto:gcheng@med.wayne.edu">gcheng@med.wayne.edu</a>	Dr. Ray Demer	Dr. Lisa MacLean	Need to schedule
<b>Room</b>	Green	Green	301/302	Cafeteria	Margherio	301/302	301/302	Cafeteria	TBD
<b>Event 2</b>	<b>The Use of Drugs and Alcohol on the Brain,</b> August 28, 12-1 pm	<b>Creating a Healthy Lifestyle with Small Daily Changes</b> September 4, 12-1	Healing through Nutrition: How to incorporate a whole foods plant based diet into your life and future practice October 5, 12-1 Dr. Robert Breakey Snack prepared by a Plant Based Chef!	Nov 5, Wellness Fair 11-1	<b>Balancing Work and Home: Resident and Physician Panel</b> December 7, 12-1	Warrior Jeopardy Year 1 vs. Year 2 12-1 January 21,	<b>Medical Student Stress and Burnout!</b> Feb 29, 12-1	Medical Student Appreciation Pizza Party March 4, 12-1	TBD Possible dates: 6, 13, 18
<b>Presenter</b>	Dr. Ed Jouney	Run Detroit, Food Med, Fitkids	Plant Based Medicine Amanda Martin	Student Affairs Staff	AMWA	Dr. Lisa MacLean	Dr. Lisa MacLean	Student Affairs Staff	
<b>Study Break</b>	19 Popcorn, Lemonade, Water	21 Coffee, Trail mix, Water, Fruit	7 Doughnuts, Cider	20 Popcorn, Lemonade, Water	16 Coffee, Fruit	11 Cookies, Hot chocolate	8 Popcorn, Lemonade, Water	No Snack this month- Pizza Party	7 Chips/Salsa, Water, Fruit
<b>Therapeutic Art Class</b>	None	Painting for Wellbeing Mary Simmons Sept 16, 5-7 pm	Textiles for Wellbeing Mary Simmons Oct 28, 5-7 pm	Painting for Wellbeing Mary Simmons Nov 11, 5-7 pm	None	Textiles for Wellbeing Mary Simmons Jan 13, 5-7 pm	None	Painting for Wellbeing Mary Simmons March 2, 5-7 pm	Textiles for Wellbeing Mary Simmons April 6, 5-7 pm

\*\*\*Subject to change based on availability of speakers.

\*\*Those in Red will be for Co-Curricular Credit