

## 2018 RETREAT AGENDA

**October 19 - 21**

### Friday, October 19

7:00 p.m. Welcome Reception/Registration

### Saturday, October 20

8:30 a.m. **KEYNOTE ADDRESS**  
*Reclaiming the Joys of Medicine*  
Roger Butler | MD, CCFP

9:15 a.m. **WORKSHOP #1**  
*Beat the Clock: Quick snappers on useful tools and resources for reducing stress in your day*  
Susan King | MD, CCFP  
Tracey Bridger | MD, FRCPC

9:45 a.m. **Chair Yoga: 15 minutes of bliss with Certified Yoga Instructor Dr. Steve Major**  
Steve Major | MD, CCFP, Certified Yoga Instructor

10:00 a.m. **Nutritional Break**

10:30 a.m. **WORKSHOP #2**  
*The Situation Room - The Tense and The Tangly: Communication tips and traps*  
Susan King | MD, CCFP

12:15 p.m. **Chair Yoga: Gentle Body Tune-Up**  
Steve Major | MD, CCFP, Certified Yoga Instructor

12:30 p.m. **Lunch**

3:00 p.m. **Explore the Area | Free Time**

- Feel free to explore the area on your own, or.
- Join Dr. Bridger for a hike along the Skerwink Trail
- Go for a walk with Dr. King using 'urban poles' for a gentle and easier on the joints activity

7:30 p.m. **Dinner**

9:30 p.m. **Social**

### Sunday, October 21

9:00 a.m. **WORKSHOP #3 - Part One**  
*Buried in Paper and Other To-Dos?: Strategies to dig yourself out and be more efficient*  
Tracey Bridger | MD, FRCPC

10:15 a.m. **Chair Yoga: How to be Kind to our Bodies**  
Steve Major | MD, CCFP, Certified Yoga Instructor

10:30 a.m. **Nutritional Break**

11:00 a.m. **WORKSHOP #3 - Part Two**  
*Buried in Paper and Other To-Dos?: Productivity tips continued*  
Tracey Bridger | MD, FRCPC

12:00 p.m. **Lunch/Retreat Closing**

