



**Thrive MD Physician Wellness Program:  
Spring 2022 Foundation Program &  
Wellbeing Enrichment Accredited Courses**



**Do you feel tired, overwhelmed, or ready to improve your work-life balance?  
The Thrive MD Program will give you a place to start.**

*“The Fountain of Health is the first nationally scaled wellness and resilience program of its kind, developed by physicians to offer a scientific, evidence-based approach to improving health and wellness. We are proud to support and enhance this unique program, especially at this time where wellness of health workers is critical.”*

*- Dr. Katharine Smart, President, Canadian Medical Association*

**New this Spring!**

**The Thrive MD Physician Wellness Program: Foundation & Enrichment Courses**

**Thrive MD's Foundation Program** is a free 2-part 1-hour accredited introduction to an evidence-based approach to promote physician wellbeing that you can apply immediately. *Select one of 3 remaining Spring series options:*

- **April/ May Thrive MD Foundation** (Dr. K. Cassidy) **April 28 & May 26 (Thursdays from 7-8 pm)** or
- **May/ June Thrive MD Foundation** (Dr. Z. Ursuliak) **May 27 & June 24 (Thursdays from 12-1 pm)** or
- **June/June Thrive MD Foundation** (Dr. K Cassidy) **June 1 & June 29 (Wednesdays from 4-5 pm)**

**New! Thrive MD's Enrichment Courses for physicians** are newly- launched accredited courses to promote physician work-life balance across the THRIVE domains:

THOUGHTS HEALTH HABITS RELATIONSHIPS  INTERESTS VALUED GOALS EMOTIONS

**Introduction to Mindfulness for Physicians** (N. Hershenhous) **Apr 25 (12-1 pm) or Apr 26 (12-1 pm)**

**4-Week Mindfulness Course for Physicians** - For those who complete Introduction (N. Hershenhous & E. Gold)  
**May 3, 10, 17, 24 (12-1 pm)**

**Downward Docs: 6-week Yoga for Physicians** (Jolene D'Entremont) - *Not CME-Accredited, \$75 cost-recovery fee*  
**May 5, 12, 19, 26, June 2, 9 (30 minutes each from 12-12:30 pm)**

**Self-Compassion Course for Physicians** (J. Torbet & K. Cassidy) **Apr 22 or May 2 (12-1 pm)**

**Optimal Aging: A 2-part Thrive MD Course for Physicians 50+** (A. Gough and M. Casey)  
**May 4 & June 1 (7-8 pm) or May 13<sup>th</sup> & June 10<sup>th</sup> (12-1 pm)**

**A to Zzzs of Better Sleep** (D. Gardner) **May 9 or May 16 (12-1 pm)**

**Less Screen, More Green: Wellness Strategies for the Digital Age** (K. Crofton) **May 30 (12-1 pm)**

**Physician Nutrition: Improve Your Relationship with Food to Nourish Yourself** (M. Vallis) **May 31 (12-1 pm)**

**Radical Self-Compassion for Women Physicians** (K. Cassidy) **June 16 (6-8 pm, in person Women's Council House, Halifax)**

**"5-minute CBT:" A 5-week 18-hour Online Course** (M. Vallis and K. Cassidy) **Fall 2022 Nov 7, 14, 21, 28 and Dec 5 (4-5:50 pm)** *(accreditation pending)*

**TO JOIN ANY OF THE ABOVE [REGISTER HERE](#)**

The Thrive MD Physician Wellness Program is an initiative of the Fountain of Health Association, in collaboration with Doctors Nova Scotia. This project is funded as part of a 10-year, \$115 million commitment by Scotiabank, MD Financial Management and the CMA to support the medical profession and advance health in Canada. For more information please email us at: [info@fountainofhealth.ca](mailto:info@fountainofhealth.ca)



In Thrive MD, physicians learn to apply the **THRIVE © Approach to Wellbeing**, a unique integration of the science of brain neuroplasticity, happiness and wellbeing, resilience and longevity, lifestyle medicine and health behaviour change.

To “thrive” means to “progress toward a goal despite or because of circumstances.” In the **THRIVE © Approach to Wellbeing**, “THRIVE” is also an acronym for key domains to promote wellbeing: **T**houghts, **H**ealth Habits, **R**elationships, **I**nterests, **V**alued Goals and **E**motions.

New Web Resources: The Thrive MD Physician Wellness Hub-- Launching May 1<sup>st</sup>!

Check back at [www.fountainofhealth.ca](http://www.fountainofhealth.ca)



To learn more, watch the 4 -minute video below:



[Thrive Learning Centre Introductory Video](#)

### *What are physicians saying about the Thrive MD Program?*

*“The Thrive MD program helped shift my habits and my outlook, and it didn’t take much time to do... In just a few weeks my thinking changed from “I’m too busy for self-care,” to “I actually can fit this in, and want to keep going.” It shifted my outlook, and now I find myself wanting to add a few more microgoals that are doable for me, and help me to keep better balance.” –Dr. Ali Manning*

*“The program integrates the evidence about brain health and wellbeing, and offers tools to support healthy behavioural change. The opportunity for impact is significant...Our brains can change in response to our activities throughout our whole lives...it’s never too late or too early to learn how to shift lifestyle habits.” – Dr. John Chiasson*

*“As physicians, we tend to preach health as being the absence of disease that is not something we do deliberately. FoH can shift your attitude from passive to active, and then proactive. You can influence your wellbeing.” –Physician Participant*

*“In medicine, we’re used to functioning independently all the time, we may connect with colleagues, but probably not at this level...” –Physician Participant*

*“Thrive MD was a really powerful experience to set goals with someone else. It was also enlightening. When you drill down and realize the barriers to coming up with a concrete move, it’s a humbling experience, and it helps to have support around that.” –Physician Participant*

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