



## Wellness Program

*Bringing Joy to the Practice of Medicine*

### Systems-Based Solutions for Wellness

Karen Miotto, MD

Director, Physician and Faculty Wellness Program | UCLA

Director, Behavioral Wellness Center | UCLA

Clinical Professor, Psychiatry and Biobehavioral Sciences | UCLA

### Exercise for Wellness

Ziya 'Z' Altug, PT, DPT, MS, OCS

Physical Therapist and Wellness Consultant | Integrative Lifestyle Medicine

There is a growing body of literature on the need to improve well-being of healthcare professionals over the past decade. In the U.S., healthcare professionals suffer more burnout than other workers, with prevalence rates as high as 50% in physicians. Extensive research over the past decade illustrates that this issue could have a profound effect on the quality of patient care and overall sense of well-being.

This unique monthly program will examine the importance of wellness and provide recommendations, tools, and resources that healthcare professionals could utilize to develop resiliency, work/life balance, and self-care. By using an experiential approach, attendees are expected to learn and practice stress management methods, and system-based interventions with the opportunity to connect with fellow healthcare professionals to acquire and practice wellness skills.



**Friday, April 16, 2021**

**WebEx**

**1pm – 2pm**

The Monthly Wellness Program – A Psychiatry Department Initiative

Cedars-Sinai Medical Center designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit(s)**.