

## Physician Well-Being Education Program

October 26-28, 2018

### Cruise Itinerary

#### Day 1—Embark at Port of Palm Beach

- Check-in begins 11:00 AM
- Boarding 12:00—4:00 PM
- Departure is at 5:30 PM

#### Day 2— Grand Bahama Island

- Arrival at port at 7:00 AM
- Back on Board by 4:30 PM

#### Day 3— Disembark at Port of Palm Beach

- Arrival at port 7:00 AM
- Disembark 8:00 –10:30 AM

### Education Program Schedule

Time	Topic/Title of Content	Faculty
<b>Day 1</b> <b>10/26/2018</b>		
1:00 – 2:00 PM	How to Recognize Burnout— Understanding Physician Stress	Abbey Strauss, MD
2:00 – 3:00 PM	Taking Back Control of Life and Profession	Rebekah Bernard, MD
3:00 – 4:00 PM	Strategies and Tactics to Prevent Burnout	Philip Scott Rice, MD, PhD, MBA, MS
4:00 – 5:00 PM	Mindfulness and Physician Burnout	Jay Goldman, DMD, LCSW
<b>Day 2</b> <b>10/27/2018</b>		
8:00 – 9:00 AM	Stress Reduction Techniques	Kim Hough
9:00 – 10:00 AM	Physician Burnout	Mariel Kagan, RN, MSN, JD, CPHRM
10:00 AM – 12:00 PM	Prevention of Medical Errors	