



BUILDING RESILIENCE IN MEDICINE (BRIM)

Intern can be a stressful and challenging stage of your medical career.



Doctors' Health SA invites **6th Year Medical Students & Interns** to participate in this new and unique South Australian program.

A ***free*** one-day program that will provide you with the tools, resources and supports to enable you to **manage good health and wellbeing transitioning into and during internship** and preparing you to thrive onto the next stage of your doctor career!

Hosted by **Doctors' Health SA, Medical Director, Dr Roger Sexton** and facilitators:

“Mindful Self-Care for the Medic”

presented by **Dr Maura Kenny** (Consultant Psychiatrist)

“Medical Professional Time Management”

presented by **Mr Hugh Kearns** (Time Management Consultant)

“Mental Health in a Nut Shell”

presented by **Associate Professor Jill Benson** (GP)

BRIM for **Final Year Med & Interns** will be held at
College House (RACGP)
15 Gover Street, North Adelaide

Saturday 14th July, 2018

The program starts at **8.00am, includes refreshments, lunch then concludes at **4.00pm****

For more information about the BRIM program and presenters visit Doctors' Health SA website
<http://doctorshealthsa.com.au/about-us/brim>

To **REGISTER** for **BRIM** by **5th July 2018**, contact Program Officer, Kiara Cannizzaro by email
kiara.cannizzaro@doctorshealthsa.com.au or telephone 08 8232 1250.