



# BUILDING RESILIENCE IN MEDICINE

## (BRIM)

Managing a busy medical career along with balancing life outside of work can be stressful and challenging.



Doctors' Health SA invites **all working medical practitioners** 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** and supporting you to thrive throughout your doctor career!

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

**“Mindful Self-Care for the Modern 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 BUSY DOCTORS** will be held at  
Australian Medical Placements, Training Room  
313 Payneham Road, Royston Park

**Saturday 3<sup>rd</sup> November 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 26<sup>th</sup> October, contact Program Officer, Kiara Cannizzaro by email  
[kiara.cannizzaro@doctorshealthsa.com.au](mailto:kiara.cannizzaro@doctorshealthsa.com.au) or telephone 08 8232 1250.