



BUILDING RESILIENCE IN MEDICINE (BRIM)

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



Doctors' Health SA invites **1st & 2nd Year Medical Students** 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 whilst studying medicine** then 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 **1st & 2nd Year Medical Students** will be held at

Australian Medical Placements, Training Room
313 Payneham Road, Royston Park

Saturday 28th April, 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 18th April 2018, contact Program Officer, Kiara Cannizzaro by email
kiara.cannizzaro@doctorshealthsa.com.au or telephone 08 8232 1250.