



BUILDING RESILIENCE IN MEDICINE (BRIM)

Managing a busy medical career along with balancing life outside of work can be stressful and challenging as our lives become very full during mid-life!



Doctors' Health SA invites **Mid-Life Docs** 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 support you to thrive throughout 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 **MID-LIFE DOCS** will be held at
College House (RACGP)
15 Gover Street, North Adelaide

Saturday 22nd September 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 14th September 2018, contact Program Officer, Kiara Cannizzaro by email
kiara.cannizzaro@doctorshealthsa.com.au or telephone 08 8232 1250.