



BUILDING RESILIENCE IN MEDICINE (BRIM)

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



Doctors' Health SA invites **Rural Doctors** 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 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 RURAL DOCTORS will be held at
Australian Medical Placements, Training Room
313 Payneham Road, Royston Park

Saturday 3rd 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 26th October, contact Program Officer, Kiara Cannizzaro by email
kiara.cannizzaro@doctorshealthsa.com.au or telephone 08 8232 1250.