



Wellness in Teaching: Finding Balance through Exercise, Mindfulness and Resilience



Features of the Program:

Exercise provides a wealth of health benefits as well as a perfect practical application of flow, mindfulness and resilience.

The program consists of:

- Six workshops focused on teaching the concepts of Flow, Mindfulness and Resilience.

Workshops will take place at the Dana Center Monday evenings Sept 9, 2019- Oct 14, 2019 from 5:00 pm-7:00 pm, a light dinner will be provided.

- Registration will be \$99 for this 6 week course including unlimited spin classes at [Jibe Cycling Studio](#).

If you have a membership * to a facility that offers group exercise classes you may waive the registration fee.

****proof of membership required***

To Register go to: mainehealth.cloud-cme.com/wellness

Get CME Credits

Maine Medical Center designates this activity for a maximum of 12.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Maine Medical Center is accredited by the Maine Medical Association's Committee on Continuing Medical Education to provide Continuing Medical Education (CME) to physicians.

MMC Institute for Teaching Excellence | Department of Medical Education

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