



# Professional Wellness During a Pandemic

## Practical information on how to make it happen in your medical group

September 30, 12:00 pm – 1:00 pm (CST)

Join your colleagues across the nation to stay updated on how to support yourself and your medical group during a pandemic. Discover the common stressors that have surfaced during the pandemic based on national data. This free one hour online session will provide resources you can immediately put in place for yourself and your medical group.

### Presented by:

Mark Linzer, MD, MACP

*Clinician researcher with over 20 years studying provider stress, burnout, and evidence based interventions to address them.*

Elizabeth Goelz, MD

*Clinician researcher and Chief Wellness Officer with practical experience for medical group leaders and individuals.*

Martin Stillman, MD, JD

*Clinician researcher and Chief Mediation Officer with experience locally and nationally.*

Institute for Professional  
Worklife (IPW)

*The IPW provides support, guidance, leadership, and consultation to individuals and entities both locally and nationally who are looking to understand the burnout epidemic and effect change in their institutions.*

### Objectives: At the end of this program you will be able to:

1. Identify the common stressors during the pandemic based on national data
2. Discuss real world options for supporting your medical group and preventing burnout during challenging times
3. Identify at least one intervention you can implement locally

Register [here](https://www.hennepinhealthcare.org/medical-education-training/continuing-medical-education/): <https://www.hennepinhealthcare.org/medical-education-training/continuing-medical-education/>

You will receive a registration confirmation with the Zoom information in your email inbox.

Contact Sara Poplau @ [sara.poplau@hcmcd.org](mailto:sara.poplau@hcmcd.org) for questions or assistance. For more information about our work, please check out our website: <https://www.professionalworklife.com/>

### Physician Credit

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Hennepin Healthcare designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

### Other Health Care Professionals

Other healthcare providers who participate in this CME activity may submit their statement of attendance to their appropriate accrediting organizations or state boards for consideration of credit. Participants are responsible for determining whether this activity meets the requirements for acceptable continuing education.