As we experience the collective challenge of COVID-19 and its repercussions on our communities, we want to take time to focus on our common humanity. While there is much that is out of our control in this moment, our three presenters will share insights on how to leverage the choices we do have to improve our well-being.

Join us for three 45-minute sessions during our first UW Medicine Well-Being Day.

1:00 - 1:15pm
Drs. Anne Browning and Trish Kritek, Welcome and Introductions

1:15 - 2:00pm
Dr. Elizabeth Lin, 'Being With What Is: Choosing to Survive and Even Thrive Using Awareness and Self-Kindness'

2:15 - 3:00pm
Dr. David Levy, 'Mindful Tech and Media Consumption in Stressful Times'

3:15 - 4:00pm
Dr. Tony Back, 'Building a Culture of Psychological Safety For All'

Register: https://tinyurl.com/y7enefe9