

THE COLLEGE OF
FAMILY PHYSICIANS
OF CANADA



LE COLLÈGE DES
MÉDECINS DE FAMILLE
DU CANADA

CFPC Physician Wellness Retreat

Event Program and Schedule

May 23 - 26, 2024 | Pomeroy Kananaskis, Kananaskis, AB



*This program has received an educational grant
from the Canadian Medical Association,
MD Financial Management Inc.,
and Scotiabank.*

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Key Information

Dates

Thursday, May 23, 6:00 p.m. to Sunday, May 26 10:30 a.m. Mountain Time (MT).

Location

[Pomeroy Kananaskis Lodge](#), 1 Centennial Dr, Kananaskis, AB, T0L 2H0



Event Description

The CFPC Physician Wellness Retreat aims to provide family physicians an environment to learn and apply principles of physician wellness. The goal is to have this occur at both the individual and community levels by offering learning paths for both family physicians who desire to learn more about wellness, as well as family physician leaders in wellness.

The Canadian Medical Association, MD Financial Management Inc. and Scotiabank together proudly support the CFPC Physician Wellness Retreat, one of several initiatives that comprise their 10-year, \$115 million commitment to supporting the medical profession and advancing health in Canada.

This 1 credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to 11.75 Mainpro+ credits.

Visit <http://www.microspec.com/reg/pwr24> to view the registration information.

Goals

Working through the crisis in family medicine¹ and adapting their practices to the needs of the COVID-19 pandemic² has taken a toll on the health of Canadian family physicians. This retreat, which offers educational content and wellness experiences, aims to help registrants manage these stressors and high rates of burnout as part of a suite of physician wellness offerings undertaken by the CFPC. To learn more about other initiatives, please visit <https://www.cfpc.ca/en/physicianwellness>.

Learning Objectives

By the end of the retreat participants will be able to:

- Apply evidence-based strategies to enhance their overall well-being by implementing physical, mental, and emotional wellness practices,
- Plan and implement effective wellness practices both in their clinical settings and personal lives,
- Develop strategies to foster a culture of well-being within the workplace, sharing resources or materials with colleagues, and exploring collaborative wellness initiatives that can be implemented as a team.

¹ <https://www.cfpc.ca/en/policy-innovation/our-advocacy/crisis-in-family-medicine>

² <https://www.cfpc.ca/en/policy-innovation/innovation-in-research-and-quality-improvement/supported-research-initiatives/family-physicians-response-to-the-covid-19-pandemi>

Other Considerations

- The following is the preliminary program; details are subject to change. The program will be updated as needed and published on www.cfpc.ca/pwretreat.
- Times listed are in Mountain Time.
- Please contact pwretreat@cfpc.ca for any assistance or inquiries.

Schedule-At-A-Glance

Thursday, May 23 – Welcome

Time	ID	Activity Title	Location	Details
6:00 – 6:45 p.m.	Th-W1	Welcome message; Indigenous blessing and smudge ceremony	Olympic Ballroom	Introduction: Dr. Michael Allan
		Setting Intentions		Blessing: Rod Hunter; Anders Hunter Dr. Catherine Hansen Dr. Daniela Isfan
7:00 – 9:00 p.m.	Th-O2	Welcome dinner	Olympic Ballroom	Buffet-style dinner

Friday, May 24 – Taking Stock: Finding Hope, Purpose, and Balance

Main program

Time	ID	Activity Title	Location	Speaker/Lead
8:30 – 9:30 a.m.	Fr-O1	Breakfast and Welcome	Olympic Ballroom	Dr. Michael Green
9:30 – 10:30 a.m.	Fr-S1	Keynote: Refuel, replenish and reclaim: A wellspring of energy lies within you waiting to be tapped	Olympic Ballroom	Dr. Catherine Hansen
10:30 – 10:45 a.m.	Fr-W1	Guided meditation: Mountain Meditation	Olympic Ballroom	Dr. Daniela Isfan
10:45 – 11:15 a.m.	Fr-O2	Break		
11:15 – 12:15 p.m.	Fr-S2	Daily Rituals: Nurturing your inner sanctuary	Olympic Ballroom	Dr. Catherine Hansen
12:15 – 1:00 p.m.	Ideas Soapbox			
	Fr-S3	Resilience in the medical trenches	Olympic Ballroom	Dr. Janette Hurley
		It takes a Collective to Heal a Hurt Human		Dr. Ginetta Salvalaggio
A sharing of Indigenous Ways of Wellness		Dr. Sheila Peters		
1:00 – 2:00 p.m.	Fr-O3	Networking Lunch and discussion groups	Olympic Ballroom	N/A
2:00 – 3:30 p.m.	Fr-S4	Life by Design: Crafting your path to happiness	Olympic Ballroom	Dr. Daniela Isfan
	Fr-S5	The New Leader: Leading as a compassionate mentor, coach and manager to foster healthy teams	Explorer Room	Dr. Stephanie Smith

Wellness Experiences

Time	ID	Activity Title	Location	Lead/Provider
4:00 – 6:00 p.m. <i>Note: start times vary. Please see “Wellness Activities” section for further details.</i>	Fr-W2	Onsite: Nature walking meditation	Meet in hotel lobby at 4:00 pm	Dr. Daniela Isfan
	Fr-W2B	Onsite: Nature walking meditation	Meet in hotel lobby at 5:00 pm	Dr. Daniela Isfan
	Fr-W3	Offsite: Coal Mine Hike	Meet in hotel lobby at 4:00 pm	Kananaskis Outfitters
	Fr-W4	Onsite: Kananaskis game show-style scavenger hunt	Meet in hotel lobby at 4:00 pm	Kananaskis Outfitters
	Fr-W5	Offsite: Mountain Biking	Meet in hotel lobby at 4:00 pm	Kananaskis Outfitters
	Fr-W6	Offsite: Horseback Riding	Meet in hotel lobby at 4:00 pm	Boundary Ranch
	N/A	Nordic Spa Book independently. See “ Know Before You Go ” for more details on how to take advantage of this offer.		Nordic Spa at Pomeroy Kananaskis

Evening

Time	ID	Activity Title	Location	Details
6:30 – 8:00 p.m.	Fr-O5	Buffet Dinner	Olympic Ballroom	<i>Arrive at your leisure.</i>

Evening activity

Time	ID	Activity Title	Location	Details
8:00 – 9:00 p.m.	Fr-O6	Fireside Chat - <i>Hot cocoa & cookies provided</i>	Explorer	Dr. Catherine Hansen Moderator: Dr. Daniela Isfan

Saturday, May 25 - Envisioning Professional and Personal Fulfillment

Main program

Time	ID	Activity Title	Location	Speaker/ Workshop Lead
8:30 – 9:15 a.m.	Sa-O1	Breakfast and welcome message	Olympic Ballroom	Dr. Carrie Bernard
9:15 – 10:15 a.m.	Sa-S1	We Are (Not) All Perfectly Fine: How telling our stories will transform our culture	Olympic Ballroom	Dr. Jillian Horton
10:15 – 10:30 a.m.	Sa-W1	Guided movement	Olympic Ballroom	Dr. Sarah Kim
10:30 – 11:00 a.m.	Sa-O2	Break		
11:00 - 12:00 p.m.	Sa-S2	HeArt Workshop: Reflecting on the Art of and in Medicine	Olympic Ballroom	Dr. Erin Bearss
	Sa-S3	Redefining Medical Culture: Operationalizing change	Explorer Room	Dr. Sarah Kim

12:00 – 1:30 p.m.	Sa-O3	Networking lunch	Olympic Ballroom	N/A
1:30 – 3:00 pm	Sa-S4	Birds of a Feather: Understanding your work style	Olympic Ballroom	Dr. Daniela Isfan; Dr. Stephanie Smith
	Sa-S5	Sharing identities: Cultivating a culture of compassion inside and out	Explorer Room	Dr. Vanessa Brcic

Wellness Experiences

Time	ID	Activity Title	Location	Speaker/ Workshop Lead
3:15 – 5:15 p.m. <i>Note: start times vary. Please see “Wellness Activities” section for further details.</i>	Sa-W2	Onsite: Salsa & bachata dance class 3:15 – 4:00 pm	Mount Kidd Ballroom 3:15 pm	Dr. Daniela Isfan
	Sa-W3	Offsite: Mountain biking	Meet in Hotel Lobby at 3:15 pm	Kananaskis Outfitters
	Sa-W4	Offsite: Troll Falls Walk	Meet in Hotel Lobby at 3:15 pm	Kananaskis Outfitters
	Sa-W5	Onsite: Nature walking meditation	Meet in Hotel Lobby 4:15 pm	Dr. Daniela Isfan
	Sa-W6	Onsite: Fitness Class 4:15 – 5:00 pm	Mount Kidd Ballroom 4:15 pm	Dr. Stephanie Smith
	Sa-W7	Onsite: Indigenous beading workshop	Explorer Room 3:15 pm	Coreen Onespot Rider
	N/A	Nordic Spa Book independently. See “ Know Before You Go ” for more details on how to take advantage of this offer.		Nordic Spa at Pomeroy Kananaskis

Evening social activity

Time	ID	Activity Title	Location	Details
5:30 – 6:30 p.m.	Sa-O4	World Café Social	Rockies Patio	Appetizers & drinks

DINNER: To be arranged by registrants and guests on their own.

Sunday, May 26 – Taking Action: Journeying Forward Together

Main Program

Time	ID	Activity Title	Location	Speaker/ Workshop Lead
8:30 – 9:30 a.m.	Su-S1	Breakfast and Panel discussion: Where do we go from here?	Olympic Ballroom	Moderators: Dr. Daniela Isfan Panelists: Dr. Catherine Hansen Dr. Jillian Horton Dr. Sarah Kim Dr. Stephanie Smith



9:30 – 10:15 a.m.	Su-S2	Taking Action Facilitated discussion and action	Olympic Ballroom	Dr. Erin Bearss
10:15 – 10:30 a.m.	Su-O1	Adjournment, acknowledgement, and departing intentions	Olympic Ballroom	Dr. Victor Ng

Full Scientific Program with Session Descriptions

Thursday, May 23, 2024 – Welcome

Th-W1 Welcome and Setting Intentions

Presenters: Dr. Michael Allan, CEO, College of Family Physicians of Canada

Friday, May 24, 2024 – Taking Stock: Finding Hope, Purpose, and Balance

Fr-S1 Keynote: Refuel, Replenish, and Reclaim: A Wellspring of Energy Lies Within You Waiting to be Tapped

Presenter: Dr. Catherine Hansen

Description: Grounded in Dr. Hansen's extensive experience in integrative medicine, and inspired by the stories of patients, friends, family, and colleagues, this keynote promises to be a transformative journey. It delves into wellness beyond the physical, addressing the often-neglected aspects of our well-being that significantly impact vitality, productivity, and full thriving. We will guide you through evidence-based practices that encourage a profound shift in your daily approach to healing, health, and happiness.

The keynote will unravel the wisdom passed down through credible cultures and organizations worldwide that define wellness as the integration of body, mind, and soul with external facets like financial stability, social connections, and contribution. It's an exploration tailored to your unique needs.

Taking a step back to survey your life, scrutinizing where you invest your time, money, and energy, provides an opportunity to redefine priorities and set clear intentions. This act of self-reflection rekindles inspiration, fuels innovation, and nurtures productivity. More importantly, however, it creates an open channel to a wellspring of energy so that you can do all the things you love.

Our experiential keynote aims to unpack the intricacies of gathering your thoughts, feelings, and personal process, allowing you to set intentions for a life fully lived. It's an opportunity to rediscover the beautiful, powerful, and productive aspects of your *human-ness*. Remember, you're not just a body; you are a mind and a soul. Nourishing all these facets will have a profound impact on your life.

Fr-S2 Daily Rituals: Nurturing your Inner Sanctuary

Presenter: Dr. Catherine Hansen

Description: Incorporating daily wellness practice isn't just a luxury; it's an absolute necessity. This breakout session uncovers the secret to living life to the fullest: the integration of a morning ritual. While life, especially in healthcare, presents its share of challenges, nurturing this profound relationship with yourself acts as a daily "CTRL-ALT-DEL" for stress management, nervous system regulation, and overall health and happiness.

By exploring habit-forming concepts from James Clear's "Atomic Habits," we gain insight and establish daily practices that are deeply rooted and non-negotiable. Understanding that habits should be easy and rewarding, we aim to create a personalized practice that aligns with your unique life.

Many of us have dabbled in various forms of daily routines, yet this breakout will introduce fresh perspectives, innovative actions, and a renewed commitment to your personal "me-time."

Fr-S3; Fr-S4; Fr-S5 Ideas Soapbox

Presenter(s): Dr. Janette Hurley; Dr. Ginetta Salvalaggio; Dr. Sheila Peters

Description: This is a chance for registrants to share their ideas, concepts, and practice models that are conducive to physician wellness.

Fr-S6 Life by Design: Crafting Your Path to Happiness

Presenter: Dr. Daniela Isfan

Description: Join us for an empowering 90-minute workshop where you'll define your life's vision, identify your core values, and chart a course toward whole-person wellbeing and happiness. Take the first step in creating a life that resonates with your deepest aspirations.

Fr-S7 Leading As a Compassionate Manager, Coach and Mentor to Foster Healthy Teams

Presenter: Dr. Stephanie Smith

Description: This workshop will review different leadership styles, feedback delivery and the differences between mentorship, coaching and management. This will be achieved through multiple simulated scenarios and application of knowledge. At the end of the workshop participants will:

1. Understand their leadership style and learn skills to adapt in different environments
2. Develop an approach to feedback delivery using a supportive and good judgement framework
3. Adapt in stressful situations to maintain effective communication, collaboration and leadership skills.
4. Develop a thorough understanding of mentorship, coaching and managing.

FR-S8 Fireside Chat

Moderator: Dr. Daniela Isfan

Presenter: Dr. Catherine Hansen

Saturday, May 25, 2024 – Envisioning Professional and Personal Fulfillment

Sa-S1 Keynote: We Are (Not) All Perfectly Fine: How Telling Our Stories Will Transform Our Culture

Presenter: Dr. Jillian Horton

Description: In a profession where burnout is an existential threat, stories about the practice of medicine are also a critical strategy for our survival. In this talk, Dr. Jillian Horton will help us understand why going public with personal narratives is an urgent part of knowledge translation - and achieving culture change.

Sa-S2 HeArt Workshop- Reflecting on the Art of and in Medicine

Presenter: Dr. Erin Bearss

Description: A special (and fun!) workshop to showcase your creativity & talent as we explore the role of art in medicine. We know art heals, it inspires, and it offers new perspectives. This is an opportunity to share poems, songs, narratives, art pieces or other creative examples while discussing their connection to physician wellness, resiliency, or happiness. We will reflect on the Art of and in Medicine.

Sa-S3 Redefining Medical Care: Operationalizing Change

Presenter: Dr. Sarah Kim

Description: In this session we critically examine the historical factors that influenced the values and norms of medical culture, how these influences shape our identity as physicians and the resulting impact on physician health. During a time where dismantling systemic biases and developing practices that value equity, diversity and inclusion are paramount, this session invites participants to explore hidden hierarchies and prejudices in medical training and practice, using the body as the focus of study. The format includes guided meditations, embodiment exercises and arts-based reflections to support experiential investigations that will encourage greater awareness of how historical medical culture

informed individual identity development and the conflict leading to burnout. The end goal of this session is a collaboratively generated representation of the modern-day physician and a new definition for medical culture that aligns with our shared values and vision to foster compassion-based, person-centered systems of care and a model for renewing institutional/organizational structures.

Sa-S4 Birds of a Feather: Understanding Your Work Style

Presenters: Drs. Daniela Isfan & Stephanie Smith

Description: The reality is that you likely work with many people, each with their own style and preferences. Some styles are highly compatible and others are less so. Conflict and misunderstandings can easily arise when others have a different approach to work and communication. Effective teams use the strengths of each person and their members understand and adapt to each other's natural communication and work preferences.

DISC stands for Dominance, Influence, Steadiness, and Conscientiousness, which are also symbolized by the Eagle, Peacock, Dove and Owl. DISC is a tool for dialogue that can enhance many aspects of emotional intelligence: self-awareness, self-management, social awareness and social relating. During this session, you will discover which of the four main styles you belong to. Knowing this helps you to become more aware, for example, of your preferred pace, whether you are task-oriented or people oriented, how you like others to talk to you, how you influence others and how you respond to rules.

Besides more self-awareness, you can use your understanding of the various DISC profiles to better read others. These new skills lead to more effective and harmonious work with others. During this interactive session, you will practice exercises with each other, using knowledge gained during the presentation about the four main styles and the corresponding dos and don'ts of communication.

With DISC and its tools, you can not only improve relationships but also design your practice to better fit your natural work style. Moreover, DISC can be used in personal relationships too. After all, relationships and professional fulfillment are key elements of your wellbeing. What type of bird are you?

Sa-S5 Sharing identities: Cultivating a Culture of Compassion Inside and Out

Presenters: Dr. Vanessa Brcic

Description: This workshop offers a simple, practical approach to fostering a culture of compassion by creating new experiences and neural pathways for safety, and by practicing bearing witness to ourselves (and our colleagues and patients). This practice will be situated in succinct contextual learning about the evidence informing this work, and challenging concepts in health care including cultures of martyrdom, experiences of burnout, discrimination/racism, and present day manifestations of colonialism.

A lot comes up for us when we consider the challenges faced by the health care system, and ourselves as health care providers within the system. Creating space for us to notice who we are and how we feel in this context is important to developing language, capacity, and mobility to face the challenges within our profession. Noticing discomfort in a way that is supportive and manageable is an important ingredient to shifting culture and creating positive change; it creates a felt sense of possibility in the context of discomfort.

We will begin by defining key concepts from the literature informing this practice, and move into group dialogue rooted in the simple practices of mindfulness, and listening compassionately to others and ourselves. As a group, we will practice social location / positionality disclosure, experimenting with what we are / are not comfortable disclosing about ourselves, how we know what our edges of comfort are, and building new experiences of connection and compassion navigating uncomfortable terrain.

This practice is informed by evidence from neuroscience, decolonizing practice (Shawn Wilson, UBC), and somatic abolitionism (Resmaa Menakem). It is also informed by the work of Gabor Mate, who describes the misconceptualization of compassion fatigue: We are innately compassionate, and do not fatigue of being our true selves. We do, however, fatigue of overwork and martyrdom, and the tension of being enculturated into work environments relying upon personal sacrifice, over-extension, and neglect of the self. My Masters thesis research similarly described the landscape of oppressive systems that limit not only our practice of sustainable trauma and (structural) violence-informed

care, but also our ability to create safety within the health care system for ourselves and patients alike. In all of these approaches, we can mobilize by resisting unhealthy norms, and investing in healthy relationships, relational accountability, and standing behind or “being” our research/practice/work. This workshop will be an opportunity to examine and practice some of these concepts in connection with colleagues.

Sa-04 World Café Social

Session Leads: Dr. Erin Bearss, Dr. Sarah Kim

Description: Engage in reflection and discussion with colleagues on the topic of physician wellness. Delve into inquiries touching upon sources of inspiration and challenges encountered. Our aim is to foster meaningful connections, cultivate networks of support and facilitate the growth of ideas into tangible action.

Sunday, May 26, 2024 – Taking Action: Journeying Forward Together

Su-S1 Breakfast and Panel Discussion

Presenters: Dr. Daniela Isfan (Moderator); Dr. Catherine Hansen (Panelist); Dr. Jillian Horton (Panelist); Dr. Sarah Kim (Panelist); Dr. Stephanie Smith (Panelist)

Description: TBD

Su-S2 Taking Action

Presenter: Dr. Erin Bearss

Description: In this session, registrants will write letters to their future selves, discuss “a-ha” moments in dyads and triads, and share goals and commitments for improving wellness.

Speaker Bios (in order of appearance in the program)



Dr. Catherine Hansen

Consulting and collaborating with conscious, visionary organizations as a medical specialist, subject matter expert, energetic facilitator/speaker and content creator, Dr. Hansen transforms scientific information into easily digestible, engaging presentations for professional audiences.

After 25 years practicing medicine, Dr. Hansen has expanded beyond the office walls to guide professionals, of all ages and stages, to rediscover the inner peace and outer joy of Reclaiming Life!

She has been interviewed by multiple media outlets, featured on Podcasts, runs a revealing Woman to Woman blog and has created several community and on-line programs that reach out with powerful, useable, safe and effective health and wellness information.

Dr. Hansen completed a residency in Obstetrics and Gynecology in Canada followed by a fellowship in Relationship and Sexual Health, a Certification in Menopause and a strong alignment with an integrative approach to care. After realizing her dedication and commitment to equity within an increasingly complex global environment, she completed a Master of Public Health at Johns Hopkins University in Baltimore and has witnessed life-changing results as a Certified Transformational Coach and Facilitator.

Married to Canadian Astronaut, Jeremy Hansen, the first Canadian to travel to the moon on the upcoming Artemis II mission, they are blessed with three amazing teenagers. The entire family enjoys outdoor life on the lake, music-infused pickle ball at the cottage and watching for satellites among the stars.



Dr. Daniela Isfan

In the intricate mosaic of healthcare, family physician, Dr. Daniela Isfan is a gentle yet formidable advocate for physician wellness, recently granted the CFPC Award of Excellence for her contributions to the wellbeing of her peers during the pandemic.

In her tireless pursuit of enhancing physician wellbeing, Daniela navigates the micro, meso, and macro dimensions of this critical realm. Her coaching sessions serve to increase empowerment, and elevate the resilience and professional fulfillment of fellow physicians. Dually positioned as a staff physician in local hospitals and as a member of the CFPC's Scientific Planning Committee for Physician Resilience and Wellness, as well as the OMA Women's Committee, Daniela contributes her expertise, unwavering support, and insights into burnout and potential solutions. Rooted in the values of genuine connection and attentive listening, her contributions extend beyond ideas to tangible impacts.

Dr. Isfan's leadership extends to bi-weekly group peer support sessions for the CMA, providing unwavering support to her colleagues and where her teaching segments make complex concepts accessible and actionable. On a macroscopic scale, fueled by a vision for a just and healthy work environment and fortified by her training in the 2023 inaugural OMA-Rotman Physician Leadership Program, she aspires to reshape medical culture and embed wellness considerations in organizational decision-making. Her commitment remains resolute: to infuse the healthcare realm with joy and make it a more nourishing space for all who serve within its bounds.



Dr. Stephanie Smith

Captain/Doctor Stephanie Smith joined the Canadian Armed Forces in 2001 as a Nursing Officer and deployed twice to Afghanistan in 2007 and 2009 and to the Philippines with the Disaster Assistance Response Team in 2013. She attended medical school and Family Medicine Residency at the University of Calgary, graduating in 2021. She worked as a Family Physician until 2023 and then returned to Emergency Medicine Residency at University of British Columbia where she is Co-lead resident of Enhanced Skills. She is actively involved in teaching leadership, resiliency, simulation and wellness as a faculty member at DAL, Memorial University and the University of Calgary.



Dr. Jillian Horton

Jillian Horton, M.D. is an award-winning medical educator, writer, musician and podcaster. A general internist and former Associate Dean at the University of Manitoba, she has cared for thousands of patients in an inner-city hospital, and now works to provide care to people living with addiction. She is the winner of the prestigious 2020 AFMC–Gold Foundation Humanism award, recognizing her as a national thought leader in medical education and the delivery of compassionate and humane care. As a teacher of mindfulness, she is sought after by doctors at all stages of their careers. Her writing about medicine appears frequently in the LA Times, the Globe and Mail, and the Toronto Star, and her first book, *We Are All Perfectly Fine*, now a national best seller, was released by HarperCollins Canada in Feb 2021. It was the winner of the prestigious 2022 Edna Staebler Award for Creative non-fiction.



Dr. Erin Bearss

Dr. Erin Bearss earned her medical degree at McMaster University in 2002 and completed her Family Medicine residency in 2004 and Emergency Medicine Fellowship in 2005 at the University of Toronto. Dr. Bearss is a staff physician at the Granovsky-Gluskin Family Medicine Centre and in the Schwartz-Reisman Emergency Department at Mount Sinai Hospital. She practices comprehensive family medicine and emergency medicine and is currently the Chief of Family Medicine at Sinai. Her academic interests are in the areas of Resident & Physician Wellness, Intergenerational Teaching & Learning and Medically Unexplained Symptoms. She is the co-chair of the College of Family Physicians of Canada Member Interest Group in Physician Wellness.



Dr. Sarah Kim

Dr. Sarah Kim is an Assistant Professor at the Department of Family and Community Medicine at the University of Toronto, serving as the Health Humanities Theme Lead for the Temerty Faculty of Medicine at the University of Toronto. She heads the Program in Health, Arts & Humanities, contributing additionally as Dance Artist-in-Residence. Dr. Kim works as a family physician with focused practices in Narrative Medicine, Medical Psychotherapy and Sports & Exercise Medicine, formerly practicing Emergency Medicine for nearly a decade prior to motherhood. Dr. Kim is the former Chief Medical Officer for Canada Basketball's Women's Elite Program with extensive field experience in event coverage, having travelled internationally for ten years representing Canada with the National Women's Basketball Teams.

Within her medical and teaching practice, Sarah integrates the arts and humanities, mindfulness meditation and movement education as generative components of resiliency and compassion-based care. Her investigations examine the relationship between high performance and historical ideas around the body, exploring embedded hierarchies and the intersection of humanness within industrialized systems. As a teacher, Sarah employs the arts a means of transformative analysis in the deconstruction and reconstruction of professional identity. Her method encourages a non-intrusive approach, inviting dialogue and positive affirmation of the full spectrum of the human experience that support the development of a well and resilient healthcare force; the foundation of a robust and compassionate healthcare system. Website: <https://sarahkim.org> Instagram: [@sarahkim_md](https://www.instagram.com/sarahkim_md)



Dr. Vanessa Bric

Vanessa is a family physician working with the K'omoks First Nation and Indigenous families on the unceded, ancestral territories of the Pentlatch and K'omoks ancestors that include the Sathloot ('sath-loot), Sasitla (sa-'seet-la), leeksen (eye-'ick-sun) and Xa'xe ('ha-hey) peoples, on Vancouver Island, BC.

Her training and practice are focused on equity-oriented care of structurally marginalized populations. She completed her family medicine residency in 2009 at St. Paul's Hospital in Vancouver, where she continues to work as clinical faculty for scholarship, alongside community-based research work. She has a Masters of Population and Public Health from UBC with a focus on building capacity for trauma- and structural violence-informed care. She is the volunteer vice-chair and co-founder of Basics for Health Society, committed to anti-oppressive practice within health care spaces. She has a diploma in Relational Somatic Therapy and certified as a Registered Therapeutic Counselor (ACCT) until merging somatic work with family medicine practice. She has additional training in Deep Democracy facilitation, and Dr. Gabor Mate's method of Compassionate Inquiry.

After a devastating bike accident more than a decade ago, her own personal healing has been the most important training and practice. The importance of self-work in providing sustainable trauma-informed care was a principal theme in her Masters thesis research, and informs her current dedication to supporting cultures of wellness and authenticity to reduce the impact of stigma and burnout and build capacity for dismantling structural oppression within our systems of influence.

Vanessa is the descendent of parents who were forcibly displaced from the former Yugoslavia, where her ancestors are from, and is the first person in her family to be raised with financial privilege. She has an amazing 5-year old daughter, Pema, and loves spending time in the garden, on the land, and in the Island Voices chamber choir.

Wellness Activity Descriptions

Friday, May 24, 2024

Fr-W2A – Nature walking meditation (Dr. Daniela Isfan)

- Meet in main lobby at 4:00 p.m. Return at 4:45 p.m.
- Walking tour, no shuttle provided.

Fr-W2B – Nature walking meditation (Dr. Daniela Isfan)

- Meet in main lobby at 5:00 p.m. Return at 5:45 p.m.
- Walking tour, no shuttle provided.

Fr-W3 – Offsite Coal Mine Hike (Kananaskis Outfitters)

- This trail takes you up to a fantastic view of the Kananaskis Valley and an old coal scar. Look for historic remnants of the mine along the trail and learn the history of the ghost town where the miners lived. Trail length: 5.5 kms with 250 m of elevation.
- Meet in main lobby for shuttle at 4:00 p.m. Return at approximately 6:00 p.m.

Fr-W4 – Kananaskis *game show-style scavenger hunt* (Kananaskis Outfitters)

- Our game show-style adventure will have your team racing for the finish line! Groups will be divided into small teams that will navigate themselves around the Kananaskis Village by solving clues and overcoming physical and mental challenges while competing against the clock.
- Meet in main lobby at 4:00 p.m. Return at approximately 6:00 p.m.
- Walking tour, no shuttle provided.

Fr-W5 – Mountain Bike Trip - Aspen Loop (Kananaskis Outfitters)

- Do you like to cycle but don't fancy yourself a mountain biker? Head out for some biking fun on wide forested trails. We'll start with a skill session to get you familiar with the bike and then hit the trail. Trail Length: 6+ km. Bikes and helmets provided.
- Meet in main lobby for shuttle at 4:00 p.m. Return at approximately 6:00 p.m.

Fr-W6 – Horseback Riding (Boundary Ranch)

- Relax and enjoy the scenery as you travel through the wooded terrain surrounding Boundary Ranch and catch glimpses of the Kananaskis Range towering against blue Alberta skies. Your ride will pass our Buffalo Paddock and you might even see some real wildlife on our trails, so keep your eyes open for squirrels, marmots, deer, elk and more!
- Meet in main lobby for shuttle at 4:00 p.m. Return at approximately 6:00 p.m.

Saturday, May 25, 2024

Sa-W2: Salsa & Bachata Dance Class (Dr. Daniela Isfan)

- Meet in Mount Kidd Ballroom at 3:15 p.m. Class ends at 4:00 p.m.

Sa-W3: Mountain Biking (Kananaskis Outfitters)

- Is biking on dirt your thing? Hop on this tour and enjoy the fun and flowy ride along Ribbon Creek, winding your way from one side of the creek to the other over wide bridges. Continue to check out Troll Falls before you head back to the Kananaskis Village. Trail length: 11 km with moderate uphill riding. Bikes and helmets provided.
- Meet in main lobby for shuttle at 3:15 p.m. Return at approximately 5:45 p.m.

Sa-W4: Troll Falls Walk (Kananaskis Outfitters)

- Join Kananaskis Outfitters' expert guide on a beautiful walk through the forest before exploring this picturesque waterfall; take in the views as you hike back along the Kananaskis River. This 4 km easy hike is suitable for almost anyone.
- Meet in main lobby for shuttle at 3:15 p.m. Return at approximately 4:45 p.m.

Sa-W5 - Fitness Basics Bootcamp (Dr. Stephanie Smith)

- Meet in Mount Kidd Ballroom at 4:15. Class ends at 5:00 p.m.
- Join Dr. Stephanie Smith, army physician, in a body weight fitness session for all levels.

Sa-W6 – Nature walking meditation (Dr. Daniela Isfan)

- Meet in main lobby at 4:15. Return at approximately 5:00 p.m.
- Walking tour, no shuttle provided.

Sa-W7 – Indigenous beading workshop (Coreen Onespot Rider)

- Meet in Explorer Room at 3:15. Class ends at 5:15 p.m.
- Discover the Art of Beading, Join us for an introduction of the endless possibilities of beading. Beginner or experienced we will learn basic flat stitch technique.

Know Before You Go

Travel and Accommodations

Flight

The CFPC has secured a discounted fare for Air Canada flights to Calgary for the duration of the retreat. Please consider using promo code **P6TUWZX1** at www.aircanada.ca when booking your travel to take advantage.

Hotel

Important note: As of April 9, 2024, the CFPC group rate is now sold out. Please book [online](#) or in the [Marriott Bonvoy App](#) or contact the hotel directly at 403-591-7711 to secure their best available rate.

Travel to and from Calgary International Airport (YYC)

Shuttle

A few shuttles have been pre-arranged for set times on Thursday, May 23 and Sunday, May 26. If you pre-registered, details will follow. Shuttles reservations are now closed.

Taxi and Car Service

- **From the Airport to Kananaskis:** Available at Calgary Airport Arrivals Level. Taxi stands located at Doors 1, 9 and 15.
- **From Kananaskis to the Airport:** Arrange directly with a local taxi company or via the hotel concierge at least two hours before departure.

Driving

Complimentary outdoor parking available for all event attendees. Please inquire at check in.

Amenities and Local Information

Kananaskis Nordic Spa <https://knordicspa.com/>

Registrants to the Physician Wellness Retreat receive a special rate on the *Twilight Soak* 5:00 – 9:00 pm.

The rate is \$59 per person, subject to availability and it must be charged to your room to get this rate. Prebooking is recommended. **Note:** The spa is currently under construction. To learn more about how this may affect your visit, please click here: <https://knordicspa.com/transformation/>

Family Time <https://lodgeatkananaskis.com/family-time>

Bringing your family? See what the resort has to offer – activities and events for kids, babysitters, and more!

Things to do in Kananaskis <https://kananaskis.com/>

Kananaskis.com brings you local and up-to-date knowledge about activities, lodging and services in Kananaskis Country and surrounding communities, including Bragg Creek, Canmore, Banff & Lake Louise.

Bear Safety <https://www.albertaparks.ca/parks/kananaskis/kananaskis-country/advisories-public-safety/wildlife/be-bear-smart/>

The Physician Wellness Retreat is taking place during a period of increased wildlife activity. Please review the link to learn more about bear safety.

Relevant Webpages

- Official CFPC Physician Wellness Retreat webpage: <http://www.cfpc.ca/pwretreat>
- For more about the Physician Wellness+ Initiative, please visit: <http://www.cfpc.ca/en/physicianwellness>

Contact Us

Please reach out to pwretreat@cfpc.ca with any inquiries.