



2026 PHYSICIAN WELLNESS RETREAT

SCHEDULE AT A GLANCE

KANANASKIS, ALBERTA
MAY 21-24, 2026

This program has received an educational grant or in-kind support from the Canadian Medical Association, MD Financial Management Inc., Scotiabank and Royal College of Physicians and Surgeons.



Schedule At-A-Glance

Thursday, May 21

Time	ID	Activity Title	Location	Speaker/Lead
5:00 – 6:00 p.m.		Badge pick up	Foyer	

Friday, May 22

Time	ID	Activity Title	Location	Speaker/Lead
8:30 – 9:00 a.m.		Breakfast	Foyer	
9:00 – 9:15 a.m.		Elder blessing and smudge	Ballroom	
9:15 – 9:30 a.m.	Fr-S1	Welcome and setting intentions	Ballroom	Dr. Victor Ng
9:30 – 10:30 a.m.	Fr-S2	Keynote: “NOSTALGIA IS NOT A STRATEGY” - Interrogating the Occupational & Cultural Hazards in Medicine	Ballroom	Dr. Melanie Lewis
10:30 – 10:45 a.m.		Break		
10:45 – 11:45 a.m.	Fr-S3	Why We Stay- Family Medicine, Burnout, and the Meaning That Sustains Us	Ballroom	Dr. Ada Stewart
11:45 – 12:15 p.m.	Fr-S4	Self-Leadership to System Leadership: A path to Wellness for All	Ballroom	Dr. Lawrence Yang
12:15 – 12:30 p.m.		Guided Mountain Meditation	Ballroom	Dr. Daniela Isfan (audio recording)
12:30 – 1:30 p.m.		Lunch		
1:30 – 2:30 p.m.	Fr-S5	Culture of Overwork: “Fix One Thing” Design Sprint	Ballroom	Dr. Melanie Lewis
	Fr-S6	HeArt: Reflecting on the Art of and in Medicine	Rockies	Dr. Erin Bearss
	Fr-S7	“Good Grief”: Nimble Navigating Delight & Despair as Family Docs	Explorer	Dr. Chase McMurren
2:30 – 3:00 p.m.		Transition to activity: Pre-registration required		
3:00 – 5:30 p.m.		Coal mine hike	Off site	Shuttle – Meet in lobby
3:00 – 5:30 p.m.		Horseback ride	Off site	Shuttle – Meet in lobby
3:00 – 5:30 p.m.		Warrior lookout helicopter tour	Off site	Shuttle – Meet in lobby
3:15 – 4:45 p.m.		Troll Falls hike	Off site	Shuttle – Meet in lobby

3:15 – 5:45 p.m.		Ribbon Creek bike tour	Off site	Meet in lobby
3:30 – 5:45 p.m.		Canoe excursion	Off site	Shuttle – Meet in lobby
3:30 – 5:00 p.m.		Forest bathing	Off site	Meet in lobby
3:30 – 5:00 p.m.		Art therapy	Explorer	
3:30 – 4:30 p.m.		Sound bath meditation	Rockies	
4:45 – 5:45 p.m.		PVOLVE Mat Pilates	Rockies	
3:00 – 6:00 p.m.		Free time		
6:30 – 8:00 p.m.		Dinner	Ballroom	Buffet-style dinner
8:00 – 9:00 p.m.	Fr-S8	Fireside chat: Dying to Talk About How We Die	Rockies	Dr. Chase McMurren Moderator: Dr. Sarah Cook
8:30 – 9:30 p.m.		S'mores the Merrier	Rockies Patio	

Saturday, May 23

Time	ID	Activity Title	Location	Speaker/Lead
8:30 – 9:00 a.m.		Breakfast	Foyer	
8:45 – 9:00 a.m.		Welcome back	Ballroom	Dr. Victor Ng
9:00 – 10:15 a.m.	Sa-S1	Keynote: Big Choices for Healthy Living	Ballroom	Dr. Doug Richards
10:15 – 10:30 a.m.		Guided movement	Ballroom	Dr. Sarah Kim
10:30 – 10:45 a.m.		Break		
10:45 – 11:30 a.m.	Sa-S2	Hooked on Screens: How Phones, Tablets and AI Affect Physicians' Attention and Wellness	Ballroom	Dr. Chandi Chandrasena
11:30 – 12:15 p.m.	Sa-S3	Beyond Fads and Hype: Exercising well for optimizing function and performance in healthcare	Ballroom	Dr. Sarah Kim
12:15 – 1:15 p.m.		Lunch		
1:15 – 2:30 p.m.	Sa-S4	Can physical activity compensate for too much sitting?	Ballroom	Dr. Doug Richards
	Sa-S5	Why We Stay — Reclaiming Meaning, Agency, and Hope in Family Medicine	Explorer	Dr. Ada Stewart
	Sa-S6	Creating SPACE for Joy at Work	Rockies	Dr. Lawrence Yang
2:30 – 3:00 p.m.		Transition to activity: Pre-registration required		
3:00 – 5:30 p.m.		Coal mine hike	Off site	Shuttle – Meet in Lobby
3:00 – 5:30 p.m.		Horseback ride	Off site	Shuttle – Meet in Lobby

3:00 – 5:30 p.m.		Warrior lookout helicopter tour	Off site	Shuttle – Meet in Lobby
3:15 – 4:45 p.m.		Troll Falls hike	Off site	Shuttle – Meet in Lobby
3:15 – 5:45 p.m.		Canoe excursion	Off site	Shuttle – Meet in Lobby
3:30 – 5:00 p.m.		Forest bathing	Off site	Meet in Lobby
3:30 – 5:30 p.m.		Mountain bike aspen loop	Off site	Meet in Lobby
3:30 – 5:00 p.m.		Art therapy	Explorer	
3:30 – 4:30 p.m.		Sound bath meditation	Rockies	
4:45 – 5:45 p.m.		PVOLVE Strength & Sculpt	Rockies	
3:00 – 5:30 p.m.		Free time		
5:30 – 6:30 p.m.		Non-Certified: Financial wellness session	Explorer	
6:30 – 8:00 p.m.		Dinner	Ballroom	Buffet-style dinner

Sunday, May 24

Time	ID	Activity Title	Location	Speaker/Lead
8:30 – 9:00 a.m.		Breakfast	Ballroom	
9:00 – 10:00 a.m.	Su-S1	Panel discussion: Meaning, Medicine and Modernity: More than adaptation in a rapidly changing world		Moderator: • Dr. Sarah Kim Panelists: • Dr. Doug Richards • Dr. Melanie Lewis • Dr. Ada Stewart
10:00 – 10:15 a.m.	Su-S2	Closing the Circle: Reflection & Action	Ballroom	Dr. Erin Bearss Dr. Chandi Chandrasena
10:15 – 10:30 a.m.		Parting words	Ballroom	Dr. Victor Ng