



2026 PHYSICIAN WELLNESS RETREAT

SCIENTIFIC PROGRAM

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.



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Key Information

Date & Time

Thursday May 21, 2026, at 5:00 p.m. — Sunday May 24, 2026, at 10:30 a.m.

Location

[Kananaskis Mountain Lodge, Autograph Collection](#)

1 Centennial Drive, Kananaskis T0L 2H0

Event Description

The CFPC Physician Wellness Retreat aims to provide physicians with an environment to learn and apply principles of physician wellness. The goal is to address this at both the individual and community levels by offering sessions that apply to both the individual as well as physician leaders in wellness.

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

This activity has been certified by the College of Family Physicians of Canada for up to 10.25 Mainpro+ Certified Activity credits.

Visit <https://www.microspec.com/reg/PWR26/> to view the registration information.

Goals

Working through the crisis in family medicine and adapting their practices to the needs of communities and complex health systems have taken a toll on the health of Canadian 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 and its partner organizations. To learn more about other initiatives, please visit <https://www.cfpc.ca/en/physicianwellness>.

Learning Objectives

1. Apply evidence-based strategies to enhance overall well-being by implementing physical, mental, and emotional wellness practices
2. Plan and implement effective wellness practices both in clinical settings and personal lives
3. 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

Other Considerations

- 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 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

Session Descriptions

Friday, May 22, 2026:

Fr-S2 Keynote: “NOSTALGIA IS NOT A STRATEGY” - Interrogating the Occupational & Cultural Hazards in Medicine

Presenter: Dr. Melanie Lewis

Description: The practice of medicine has never been more demanding, making it essential to look beyond individual resilience and examine the systemic factors at play. Join us for a critical exploration of the evolving landscape of physician wellbeing as we trace the trajectory of medical practice over the past three decades. This session unpacks the root causes of physician burnout and identifies the specific occupational and cultural hazards impacting workforce stability today. Moving beyond the mere identification of problems, the discussion will pivot toward practical, systems-level interventions designed to foster sustainable, meaningful, and fulfilling careers in Canadian healthcare.

Learning Objectives:

1. Review the current state of physician wellbeing in Canada
2. Identify the determinants of burnout, engagement, and workforce stability
3. Discuss the trajectory of physician wellbeing over the past 3 decades
4. Identify cultural and systems level interventions to support tangible solutions to support meaningful & sustainable careers in medicine

Fr-S3 Talk: Why We Stay- Family Medicine, Burnout, and the Meaning That Sustains Us

Presenter: Dr. Ada Stewart

Description: Burnout is a reality many family physicians quietly carry. Positioned at the center of care, family physicians often absorb the pressures of complex systems, unmet patient needs, and deep relational responsibility. Over time, this can lead to exhaustion, moral distress, and a sense that the work no longer aligns with the values that first drew physicians to medicine.

In this reflective keynote at the Canadian Physician Wellness Retreat 2026, Dr. Ada Stewart brings a family medicine and leadership perspective informed by the work of the American Academy of Family Physicians and her own journey in clinical care, national medical leadership, and service. Drawing thoughtful parallels between U.S. and Canadian experiences, the session explores why burnout is so common in family medicine, how system pressures shape physician well-being, and what helps sustain meaning over time.

Designed as a restorative conversation rather than a technical lecture, this session creates space to name burnout without blame, reduce isolation, and reconnect with purpose — both individually and collectively.

Learning Objectives: By the end of this session, participants will have had the opportunity to:

1. Reflect on how burnout shows up in family medicine and why it is so common
2. Explore the concept of moral injury and how it resonates within Canadian health care
3. Consider how system design and leadership influence physician wellness
4. Reconnect with personal sources of meaning that support sustainable practice

Fr-S4 Talk: Self-Leadership to System Leadership: A path to Wellness for All

Presenter: Dr. Lawrence Yang

Description: Drawing on his lived experience of burnout, leadership roles in hospital & primary care & quality improvement, and wellness coaching across British Columbia's healthcare landscape, Dr. Lawrence Yang empowers family doctors to shift from self-leadership to system leadership. This plenary explores how understanding personal drivers of wellness can fuel compassionate leadership and transform workplace culture.

Learning Objectives:

1. Explore common drivers of physician wellness
2. Explore the elements of Compassionate Leadership
3. Explore the healing elements of a culture where Quality is a strategy

Fr-S5 Workshop: Culture of Overwork: "Fix One Thing" Design Sprint

Presenter: Dr. Melanie Lewis

Description: Transitioning from insight to practical action is a critical step in continuous learning and systemic improvement. In this interactive design sprint, we will tackle the deeply ingrained culture of overwork within medicine. Rather than being overwhelmed by the scale of the problem, this session empowers participants to focus their efforts and "fix one thing." By collaboratively examining the specific system and cultural drivers that fuel 'overwork', attendees will move beyond discussion to uncover targeted, real-world solutions. The goal is to leave with actionable interventions and policies that can be championed to shift unhealthy medical environments.

Learning Objectives:

1. Identify maladaptive aspects of medical culture
2. Interrogate the system drivers that lead to over-work, demotivation and burnout
3. Reveal potential interventions/resources/policies to support enhanced professional fulfillment and reduce burnout

Fr-S6 Workshop: HeArt: 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.

Learning Objectives: At the conclusion of this activity, participants will be able to:

1. Recognize where and how art is intertwined with medicine
2. Discuss and describe the impact of art and creativity on physician wellness and resiliency
3. Implement tips and tools for disseminating wellness in their teams through an innovative workshop

You could share an original poem, picture, song, talent, or share someone else's that has meaning to you. Your "share" might be directly related to an experience you've had as a physician, or it might be more symbolic to you as a doctor.

If you're musical - share a song.

If you're visually creative - share a piece of artwork.

If you're gifted with language - share a piece of writing.

If you're more randomly talented (e.g. can juggle or tell a great joke) - share that!

If you have no creative inclinations, share someone else's that inspires you.

Fr-S7 Workshop: “Good Grief”: Nimbly Navigating Delight & Despair as Family Docs

Presenter: Dr. Chase McMurren

Description: “Know that your precious, infinitely beloved, and irreplaceable self will dissolve like a sandcastle, grain by grain—and what a relief it is to know. You exist in a great space of knowing, filled with the shared ephemerality of all things,” writes Sallie Tisdale in *Self-Care for Future Corpses*.

Grief is very much in the foreground of our collective awareness. While there is nothing new about grief itself, recent plagues—most notably the global pandemic—along with other significant social shifts have disrupted our sense of equilibrium, doctors included. Like it or not, this turbulence often allows incompletely acknowledged losses and unfinished business to surface.

In this session, we will review highlights from emerging evidence on the psychobiology of grief and explore one or two practical tools for metabolizing grief as we go.

As Marilyn McEntyre observes, “[w]e need practical strategies for dispelling the garden-variety anxieties that drain energy and erode joy and keep us from daring to do what we are called to do.” The same is true for the emotional residue that can come home with us.

Have you heard the song “Are You Having Any Fun?”

It’s an American Standard recorded by many, including Bing Crosby, Peggy Lee, Tony Bennett, Doris Day, and Elaine Stritch. If you can, please listen to a version right now. 😊

Despite the despair (seemingly everywhere!), there’s an equal amount of delight & joy available. Sadly, many of us are met with (usually internal) barriers & blocks that get in the way.

In our time together, we will explore possibilities for greater ease—and even fun—in our work and world, while honouring and digesting the grief we carry as family physicians.

In our time together, we’ll explore possibilities for more ease (& fun!) in our work & world, even as we honour & digest the grief that needs our attention.

Learning Objectives: By the end of this session, participants will be able to:

1. Describe highlights from the current evidence on the psychobiology of grief
2. Apply practical tools for metabolizing grief
3. Experiment with strategies for cultivating delight, play, and ease alongside despair

Fr-S8 Fireside Chat: Dying to Talk About How We Die

Presenter: Dr. Chase McMurren **Moderator:** Dr. Sarah Cook

Description: Death is never far away in family medicine, and yet it is often neglected — even when it’s in the room or just down the hall. Many of us look away, focusing instead on tinkering and troubleshooting, joining our patients in a quiet dance of distraction and denial. And yet, patients are often wishing, and waiting, for us to be real.

For this fireside chat, we’ll scooch over and make space for the parts of ourselves that feel uneasy, helpless, and perhaps even terrified when it comes to dying, death, and our relationship to it as physicians.

Learning Objectives: By the end of this session, participants will be able to:

1. Analyze how personal attitudes toward mortality shape clinical decision-making and patient communication
2. Recognize signs of shared avoidance or “collusion of distraction” in encounters involving serious illness
3. Integrate a brief reflective practice to support emotional regulation and relational presence in uncomfortable clinical conversations

Saturday, May 23, 2026:

Sa-S1 Keynote: Big Choices for Healthy Living

Presenter: Dr. Doug Richards

Description: In this keynote, Dr. Richards will review the rapidly growing scientific evidence on the health effects of several lifestyle choices, focusing on different types and amounts of physical activity, and sedentary behaviour, including their interactions with each other and other lifestyle choices. He will challenge the audience to consider how making some fundamental choices about work, home, and other aspects of life can facilitate the everyday decisions to be active and to avoid sedentarism.

Learning Objectives: Attendees will:

1. Improve their understanding of the health effects of physical activity and sedentarism, including their interactions with each other and other lifestyle choices; and,
2. Understand how making some fundamental choices about work, home, and other aspects of life can make healthy choices about physical activity and sedentarism easier to make

Sa-S2 Talk: Hooked on Screens: How Phones, Tablets and AI Affect Physicians’ Attention and Wellness

Presenter: Dr. Chandi Chandrasena

Description: This talk explores how smartphones, screens, and digital technologies are shaping attention, wellbeing, and day to day functioning for both patients and physicians. Using current evidence, the session explains how modern technologies are intentionally designed to capture attention and how this can contribute to distraction, fatigue, and stress.

The presentation highlights that these effects are not a personal failing but a predictable response to constant digital demands. It then focuses on digital health technologies, showing how many of the same design features that drive smartphone use such as alerts, notifications, and constant availability are increasingly embedded in clinical tools and workflows. The session offers a compassionate, practical perspective on how to engage more

intentionally with digital health technologies, protect attention, and create space for focus and human connection. The talk is designed to be informative, relatable, and reassuring, helping clinicians better understand the digital environments they work in.

Learning Objectives:

1. Understand how phones, screens, and some AI tools hijack attention and contribute to stress
2. Recognize the impact of digital overload on wellbeing
3. Apply practical, evidence-based strategies to regain control over your screens

Sa-S3 Talk: Beyond Fads and Hype: Exercising well for optimizing function and performance in healthcare

Presenter: Dr. Sarah Kim

Description: Whether you love exercise, hate it or are ambivalent, this session will challenge your current perspectives on the world of fitness, functional movement and physical health. Even if you are a seasoned athlete or feel you have no athletic inclination, participants can expect to leave this session with a framework for exercising well that can be tailored to individual needs and goals. This session will focus in particular on the demands of the body in various clinical settings. Participants will be presented with practical and accessible pearls for thinking through their own personalized exercise program. No previous movement experience is required, nor any specialized fitness wear. Come as you are!

Learning Objectives:

1. Identify and analyze barriers to physical fitness and whole-person well-being among physicians, including occupational demands, cognitive stressors, and system-level factors impacting health and performance
2. Describe the physical impact of cognitive and emotional states (e.g., fearful, sad, focused) on physical function and well-being, and apply evidence-informed strategies to modulate these states in clinical practice and daily life
3. Develop an individualized, sustainable framework for integrating mindful movement and exercise into daily routines, incorporating reflective and embodied practices to support self-compassion, mitigate burnout, and enhance overall wellness

Sa-S4 Workshop: Can physical activity compensate for too much sitting?

Presenter: Dr. Doug Richards

Description: This workshop will go into detail about the evolving understanding of the interaction in the dose-response curves of weekly volume of physical activity (PA) and daily sedentary time versus all-cause mortality. Participants will learn how different weekly volumes of physical activity may or may not offset the increased risks of all-cause mortality engendered by various “doses” of daily sedentary time. The session will provide a framework for developing PA:Sedentary Time profiles and plans, for participants to apply to themselves and to their patients, with the goal of improving physical well-being.

Learning objectives: After attending this session, participants will:

1. Understand the dose response relationship between sedentary time, physical activity, and risks of all-cause mortality
2. Identify modifiable structural barriers to reduce sedentary patterns
3. Develop an approach to designing a PA:Sedentary Time profile and plan to support healthier physical habits

Sa-S5 Workshop: Why We Stay — Reclaiming Meaning, Agency, and Hope in Family Medicine

Presenter: Dr. Ada Stewart

Description: Building on my plenary address, this interactive workshop moves from reflection to action by helping family physicians reconnect with the sources of meaning that sustain long careers in medicine. While burnout is often framed as an individual problem, many physicians experience it as a loss of alignment between their values and the realities of modern health care systems.

Through guided reflection, structured dialogue, and practical tools, participants will explore burnout, moral distress, and moral injury in family medicine; identify what still brings purpose to their work; and develop concrete strategies for sustainable practice. Emphasizing connection, community, and agency rather than individual resilience alone, the session creates a psychologically safe space to name difficult experiences without blame.

Participants will leave with a personalized Meaning & Sustainability Plan and practical strategies they can implement immediately in their professional and personal lives.

Learning objectives: By the end of this workshop, participants will be able to:

1. Distinguish burnout, moral distress, and moral injury as they relate to family medicine practice
2. Identify personal and professional sources of meaning that sustain long-term engagement in medicine
3. Recognize system and organizational factors contributing to physician distress
4. Apply practical strategies to restore energy, connection, and boundaries in daily practice
5. Develop an individualized plan for sustainable, values-aligned practice

Sa-S6 Workshop: Creating SPACE for Joy at Work

Presenter: Dr. Lawrence Yang

Description: Building on the plenary, this interactive workshop translates inspiration into action. Grounded in the ‘Joy in Work White Paper’ and trauma and resiliency informed approaches, neuroscience & self-compassion, participants will explore the core drivers of meaning, connection, and psychological safety in clinical practice. Through structured reflection and small-group dialogue, physicians will identify practical ways to create SPACE—strategic rest for capacity, compassion, and clarity—within themselves & their teams. Participants will leave with a personalized action plan to strengthen cognitive and emotional capacity, along with an invitation for accountability partnership to sustain a meaningful wellness commitment. This session is practical, reflective, and designed to move beyond insight toward measurable cultural change.

Learning objectives:

1. Discuss the summary of the Joy in Work White Paper
 2. Create an Action plan for building cognitive and emotional capacity
 3. Establish an accountability plan for a wellness action
-

Sunday, May 24, 2026:

Su-S1: Breakfast and Panel discussion: Meaning, Medicine and Modernity: More than adaptation in a rapidly changing world

Moderator: Dr. Sarah Kim

Panelists:

- Dr. Ada Stewart
- Dr. Doug Richards
- Dr. Melanie Lewis

Description: Join us for a thought-provoking panel discussion featuring key speakers as they reflect on the overarching themes from the weekend. This session will delve into the intersections of health, resilience, and meaning-making in today's complex landscape. In this forum, each speaker will share insights and parting thoughts, fostering a forum for rich dialogue on the challenges and opportunities that lie ahead, and how we can collectively shape the diverse futures of modern medicine.

Learning objectives:

1. Highlight emerging trends and challenges in healthcare that are presenting opportunities for innovation and development in medicine
2. Delineate key concepts and insights from the retreat to map potential pathways for change
3. Consolidate lessons from the weekend to enable sharing of valuable insights with local communities and colleagues

Su-S2: Closing the Circle: Reflection & Action

Presenters:

- Dr. Erin Bearss
- Dr. Chandi Chandrasena

Description: In this closing session, participants will collectively reflect on key insights, themes, and personal takeaways from the retreat's keynotes, workshops, and wellness experiences. Through facilitated discussion, attendees will identify meaningful lessons that resonated most strongly and explore how to translate these into practical strategies in both personal and professional contexts. This session bridges the weekend's learning with intentional next steps, empowering physicians to carry forward renewed energy, actionable practices, and connection with peers as they return to work and life beyond the retreat.

Learning objectives: By the end of this wrap-up session, participants will be able to:

1. Articulate key personal and professional takeaways from the retreat's educational sessions, discussions, and wellness activities
2. Identify 2–3 concrete actions or habits they plan to implement in their daily practices or self-care routines post-retreat
3. Establish supportive peer connections or accountability plans that help sustain wellness strategies over time

Speaker Bios

In order of appearance in the program

Dr. Melanie Lewis



Dr. Melanie Lewis is a Professor of Pediatrics at the University of Alberta, Chief Wellbeing Officer in the Faculty of Medicine & Dentistry, and General Pediatrician at the Stollery Children's Hospital.

Dr Lewis is entangled in the Canadian Physician and Learner Wellbeing Spaces: Co-Chair of Association of Faculties of Medicine of Canada (AFMC) Wellbeing Committee, Executive Member of the Faculties of Medicine Okanagan Charter Group and AFMC Culture of Academic Medicine Initiative (CAMI). Chair of the Royal College of Physician & Surgeons of Canada (RCPSC) Steering Committee: National Collaborative for Health Workforce Well-Being (supported by a \$3.5 million grant from Health Canada). She was a decanal leader for over a decade serving as the Associate Dean in the Office of Advocacy & Wellbeing supporting UG, PG and Graduate Learners and past Chair of the AFMC Student Affairs Committee.

Dr. Ada Stewart



Dr. Ada D. Stewart, MD, FAAFP, is a family physician with Cooperative Health (Eau Claire Cooperative Health Centers) in Columbia, South Carolina, where she has practiced since 2012 and currently serves as Lead Provider and HIV Specialist. She is Board Certified by the American Board of Family Medicine, a Board-Certified Hospice Medical Director, and a Certified HIV Specialist.

Dr. Stewart served as Past President (2020–2021) and Past Board Chair (2021–2022) of the American Academy of Family Physicians (AAFP), becoming the first African American female to hold the presidency. She also recently completed her term as Chair of the AAFP Commission on Diversity, Equity and Inclusiveness in Family Medicine, where she championed equity and justice in healthcare.

Following September 11, 2001, Dr. Stewart enlisted in the U.S. Army Reserves, rising to the rank of Colonel, and remains active today. She has been a national spokesperson during the COVID-19 pandemic, promoting vaccine awareness, and has been featured in over 100 media outlets, including CNN Health and USA Today.

Dr. Stewart was appointed to the Presidential Advisory Council on HIV/AIDS in 2019 and to the Veteran's Trust Fund of South Carolina in 2022. She has been recognized by the South Carolina House and Senate, inducted into the East Technical High School Hall of Fame, and served as 2025 Commencement Speaker at Ohio Northern University College of Pharmacy, where she received an Honorary Doctor of Pharmacy degree. She is a dedicated educator, speaker, and industry faculty member for Gilead Sciences, Hologic Inc., and ViiV, and a co-facilitator of the Healthy Women program supporting servicewomen's health.

Dr. Lawrence Yang



Dr. Lawrence Yang is a family physician and quality improvement leader with advanced training from Ross University School of Medicine, Weill Cornell Medicine in Brooklyn, and the Institute for Healthcare Improvement (IHI). He has completed specialized programs in QI Coaching, QI Advising, wellbeing leadership, and physician wellness through IHI and Stanford Medicine Online.

Lawrence brings experience from group family practice in Surrey, BC, and is widely recognized for his work as a facilitator of wellness, QI, and leadership workshops across Fraser Health, the Divisions of Family Practice, and the IHI Forum. He also serves as a QI and peer coach with UBC Continuing Professional Development, supporting clinicians in developing skills for practice improvement and sustainable wellbeing.

After a few bouts of burnout as a fulltime family doctor, Dr. Lawrence Yang trained as a Physician & QI Coach at the IHI. With authenticity and humor, he shares his passion for the sextuple aim especially health professional wellness. Lawrence is proud to have facilitated over 80 workshops in North America and Asia.

Dr. Erin Bearss



Dr. Erin 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. She is an Associate Professor at the University of Toronto and her academic interests are in the areas of Resident & Physician Wellness, Intergenerational Teaching & Learning. She is the co-chair of the College of Family Physicians of Canada Member Interest Group in Physician Wellness.

Dr. Chase McMurren



Dr. Chase Everett McMurren | Water Song Medicine Keeper [he/they] is a Michif-Settler family physician based in Tkarón:to | GichiKiwenging | Toronto. He provides psychotherapy, palliative, and rural generalist care, including in Łíídlı́ Kúé (Fort Simpson, NWT). He is an Assistant Professor at the University of Toronto, where he serves as Faculty Lead, Indigenous MD Admissions, and Chair of the ISAP Advisory Circle within the Office of Indigenous Health. A sometimes harper, composer, and poet, Dr. McMurren is most honoured to be "Uncle Chasie," "Chaser," and "Chase-Boy."

Dr. Doug Richards



Dr. Doug Richards is a specialist in sport and exercise medicine who practiced at the University of Toronto's David L. MacIntosh Sport Medicine Clinic from 1984 to 2021, serving as its Medical Director from 1989 to 2020. Educated in medicine at the University of Toronto and biomechanics at the University of Waterloo, he has extensive experience organizing and providing medical services at national and international major sporting events. Throughout his esteemed career, Dr. Richards has served as a Team Physician and Chief Medical Officer for numerous high-profile organizations, including the U of T Varsity Blues interuniversity sport teams (1984-2021), Canada Basketball women's national teams (1987-2021), Volleyball Canada's national beach teams (1997-2014), the Toronto Raptors Basketball club (1995-2004), and the Canadian Sport Institute Ontario (2013-2020).

Dr. Sarah Kim



Dr. Sarah Kim is an Assistant Professor in the Department of Family and Community Medicine at the University of Toronto, where she serves as Health Humanities Theme Lead for Medical Education at Temerty Faculty of Medicine and Director of the Program in Health, Arts & Humanities. She is a physician specializing in Narrative Medicine, Sports & Exercise Medicine, and Medical Psychotherapy.

Dr. Kim's work integrates the arts, humanities, mindfulness, and movement education to support resilience, ethical practice, and compassion-based care. She is a former Lead Physician for Canada Basketball's Women's Elite Program, spending a decade traveling internationally with the National Women's Teams. Alongside her medical work, Dr. Kim is an independent dance artist and somatic arts educator with a two-decade interdisciplinary practice spanning contemporary and urban dance, circus, martial arts, improvisation, poetry, and prose. Her scholarship examines high-performance cultures and historical understandings of the body, with particular attention to power, relationality, and humanness within industrialized systems.

Dr. Chandi Chandrasena



Dr. Chandi Chandrasena is a family physician with over 20 years of experience and the Chief Medical Officer at OntarioMD. A recognized leader in digital health, AI, and physician wellness, she provides clinical insight to support the development and adoption of digital tools that improve care and reduce administrative burden for clinicians.

Dr. Chandrasena has contributed to national work on physician burnout and administrative burden through the Ontario Medical Association and the Canadian Medical Association, including the OMA Burnout Task Force and the CMA Administrative Burden Working Group. She is a frequent speaker at national and provincial conferences on digital health, AI, and clinician wellbeing, and is committed to helping health systems implement technology in ways that are practical, safe, and supportive of both physicians and patients.

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>

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