Relax for Success: Unwind Your Mind, Strengthen Your Body, and Optimize Your Stage Presence

May 17, 2019
6:00 pm – 8:30 pm
Hilton San Diego Resort & Spa
San Diego, California

Agenda:

6:00 pm – 6:45 pm  Reception and Relaxation*

6:45 pm – 6:50 pm  Welcome
Amrita Sethi, MD – WIE President

6:50 pm – 7:10 pm  Tips for Scoping Safely and Designing Your Unit
Amandeep Shergill, MD

7:10 pm – 7:55 pm  Injury Prevention: Tips and Exercise
Introduction by Mary Lee Krinsky, MD
Juan Requé, renowned physical therapist and celebrity trainer

7:55 pm – 8:10 pm  Preparing Yourself for the Stage
Aline Charabaty, MD

8:10 pm – 8:25 pm  Mindfulness and Mental Preparation: Presentations and Conflict Resolution
Aline Charabaty, MD

8:25 pm – 8:30 pm  WIE Update
Amrita Sethi, MD

*The opportunity to receive a 10-minute chair massage will be available throughout the program based on availability.

Comfortable, workout appropriate clothing is recommended for this program.