

Thrive MD Accredited Courses 2022 (All times Atlantic)

THOUGHTS

Radical Self-Compassion for Women Physicians - September 22 (5-7 pm)

Self-Compassion for Physicians - April 22 (12-1 pm) or May 2 (12-1 pm)

HEALTH HABITS

Physician Nutrition - May 31 (12-1 pm)

Downward Docs: Yoga for Physicians (non-accredited) - May 5- June 9 (12-12:30 pm)

RELATIONSHIPS

Thrive MD Optimal Aging 2-part Series - May 4 & June 1 or May 13 & June 10 (12-1 pm)

INTERESTS

“5- minute CBT” 5-Week Course – Nov 7, 14, 21, 29 and Dec 5 (4-5:30 pm)

Less Screen, More Green – May 30 (12-1 pm)

VALUED GOALS

Use the Wellness App (non-accredited) Self-directed! Visit www.wellnessapp.ca

EMOTIONS

Introduction to Mindfulness - April 25 or 26 (12-1 pm)

4- Week Mindfulness Course - May 3-24 (12-1 pm)

“A to Zzzs” of Better Sleep – May 9 or May 16 (12-1 pm)

YOU ARE INVITED TO REGISTER

Click below for all Thrive MD Foundation Program & Enrichment Courses:

[REGISTER HERE](#)

