 Resident Wellbeing Committee  
Wellbeing Event Ideas and Contacts

- PFSP Contact Information
  - Open the PFSP Pages at albertadoctors.org, or using the following link: https://www.albertadoctors.org/services/physicians/pfsp/i-want-to-learn-more/physician-health-presentations.
  - Fill out the Education Request Form and email it to pfsp@albertadoctors.org or fax it to 403-245-2899.
  - Diane Bird (PFSP Education Coordinator) will help find someone willing and able to do the requested presentation.

- Mindfulness, Wellness, Health or Resilience presentations
  - Speakers
    - Mindfulness: Dr. Catherine Phillips: Catherine@mindfulnessbasedlearning.com ($500)
    - Resilience: Dr. Marc Cherniwchan of the PFSP (see below)
    - Mindfulness workshop with Dr. Shreyasi Gollapudi – PFSP (see below)
    - Dr. Vincent Hanlon – PFSP (see below)
    - Dr. Erica Dance – Learner Advocacy & Wellness, erdance@ualberta.ca
    - Mindfulness Meditation: Dr. Priscilla Koop – pkoop@ualberta.ca ($200)
  - Locations
    - Providence Center, (780) 430-9491, http://www.providencerenewal.ca/
    - Brunch $10/person
  - Resources (which were used to lead discussions)
    - Iron Doc but Mamta Gautam
    - Discussion of the paper “Dealing with Stress, Burnout and Grief in the Practice of Oncology” – Lancet Oncol 2001 V2
    - Five Principles of Productivity - Covey Foundation, john.smith@franklincovey.com

- Meditation, Yoga, Fitness Classes
  - Training by Agrios
    - 1h 45 min class, $480
    - jencranston@shaw.ca, www.trainingbyagrios.com
  - Yoga
    - Sheila Shorten, $75/class
  - Climbing Gym (especially conducive to combining with teambuilding)
    - Vertically Inclined: verticallyinclined.com, 780-496-9390, $21/person
• Nutrition and Cooking Classes
  o Lalitha Taylor, registered dietician with Edmonton Southside Primary Care Network
    ▪ lalitha.taylor@gmail.com
  o Get Cooking with Kathryn Joel
    ▪ www.getcookingedmonton.com, kathryn@getcookingedmonton.com
    ▪ $80/person
  o Food You Can Cook
    ▪ contact@foodyoucancook.com, 780-433-6599, Elaine Wilson, contact@elainewilson.com
    ▪ 2 hours, $1000 for 30 attendees
  o Healthy recipes brought by residents

• Team Building
  o Website teampedia, www.teampedia.net

• Resident Room Upgrade ideas
  o TV purchased for call room
    ▪ Movies/videos relating to health and wellness, teaching, relaxation, news
  o Hydration Stations
    ▪ Buying a fridge or water cooler where residents can access healthy drinks while on call
  o Library - Purchase wellness books for the residents room

• General fun and/or meaningful activities which can be combined with a presentation, reflective practice, discussion or other wellbeing minded event
  o Maligne Icefields Walk - Overlander Trekking, Jasper AB, 780-852-3301 ($46.75/person)
  o Go Karting - Speeders Indoor Go Karting Arena ($80/person), http://www.speeders.ca/
      ▪ $14/participant
    ▪ In this case each resident made a mug for a colleague with at least 3 positive attributes about that person included in the mug
  o Pitch and Putt - Kinsmen Park Pitch and Putt 780-423-1626
  o Christmas Cards for donation to the Mustard Seed
  o Collection of toiletries for donation to a shelter
  o Serving dinner at a local shelter
  o Skiing - Sunridge Ski Area, info@sunridgeskiarea.com, 780-449-6555
  o Pillow case decorating
  o Bowling - Gateway bowling, http://gatewaybowl.com/, $65/hr/lane
  o Group painting - 4 Cats Art Studio, http://www.4cats.com/

• Financial Planning
  o MD Management
    ▪ https://mdm.ca/