

Docs Lounge 4 Wellness

We welcome all FH physicians to "drop in" to our virtual DOCS LOUNGE 4 WELLNESS to connect and rejuvenate.

*Just like in the old-time Doc's Lounge, join us and chat with colleagues and friends about how we are coping during these challenging days. Grab your lunch, a snack, a coffee or other favorite beverage, drop in for a minute or stay for an hour. There is no set agenda or topic- it's just a safe place to pause, share, learn and feel supported. The conversations will be facilitated by **Dr. Elizabeth Froese**, Physician Coach and retired physician and **Dr. Anne McNamara** a Respiriologist at SMH transitioning to Physician Coaching.*

We are hosting these events on ZOOM every Tuesday at 1200-1300 and Thursdays at 1800-1900.

Looking forward to meeting you there!!

Dr. Connie Ruffo & Dr. Laura Kelly

Co-Advisors, Co-Chairs, Fraser Health Medical Staff Wellness Committee

Tuesdays 12 noon ONGOING-

Join Zoom Meeting

<https://zoom.us/j/815988998?pwd=MjJmVGxUUWF6WWIBeGdyNGI1cjlVQT09>

One tap mobile

+16473744685,,815988998#,,#550638# Canada

Meeting ID: 815 988 998 Password: 550638

Thursdays 6pm ONGOING-

Join Zoom Meeting

<https://zoom.us/j/204528918?pwd=YXJSbmdxU2V3c2VScW1XazJ6RjVPdz09>

One tap mobile

+16473744685,,204528918#,,#019838# Canada

Meeting ID: 204 528 918 Password: 019838