District I Young Physician Update

District 1 had a fun-filled, relaxing, and educational ADM on beautiful Cape Cod. The focus this year was on wellness, with partners and families encouraged to attend. Participants had the opportunity to learn about incorporating wellness into everyday life, as well as try out some new activities such as photography, yoga, biking, art class, and much more! Breakout sessions included learning to work with life coaches, mindfulness, nutrition, and being a physician parent. Billing, coding, financial wellness, and wine tasting were also part of the program. On Saturday evening, a PAC and Mentorship Mingle was held as a combined event where fellows were encouraged to get to know one another through trivia and mentorship questions (see picture). The meeting had more participants from District 1 this year than in many recent years and we are already looking forward to the 2019 ADM. Next year we plan to continue to build on the theme of wellness, and this time even with a young physician as the Program Chair!

Eilean Attwood