



The Kane/McHenry County Medical Societies,
in conjunction with the
American College of Physicians,
invite physicians and their significant others to:

A Physicians' Wellness Retreat: Being of Sound Mind and Body

Learning practical and relevant strategies that you can use in
your practices right away!

Date: Saturday, October 22, 2016
Where: Q-Center, 1405 N. 5th Ave. (Rt. 25), St.
Charles, IL

Agenda:
Registration and Breakfast begins at 8:00 a.m.
Retreat programs from 8:30 a.m.- 12:30 p.m.
Breakout sessions include:
Strategies for Individual Physician Health
Burnouts Anonymous
We're Home, Now What - Special Session for
Significant Others

TARGET AUDIENCE: Physicians, Significant Others and Hospital
Physician Liaisons and Hospital Administrators

Desired Learning Outcomes:

- Recognize early symptoms and signs of burnout in themselves and colleagues.
- Distinguish the differences between depression, stress and burnout.
- Identify burnout through stories of personal journeys and academic research.
- Acquire three to four impactful stress relief tools.
- Apply what is learned to help in work/life balance situations.
- Identify ways to create prevention activities to promote and address burnout among physicians whether employed or independent.

See reverse side for REGISTRATION, fees and payment methods.

Send check and form to: Kane County Medical Society
2320 Dean St., St. Charles, IL 60175

Fax form and credit card payment info to: 630-584-6703 or
email to: paula@kcmsdocs.org (**\$2.50 fee will apply**)

Online registration and payment go to: www.kcmsdocs.org
(no additional credit card fees applied if credit card payment is made through the website).

Speakers:

Catherine Chia-Yi Cheng, MD FACP, Internist
Northwestern Medical Group at Northwestern
Memorial Hospital

Sean Greenhalgh, MD FACP, Internal Medicine
Hospitalist, Loyola University Medical Center

Leonard Lempa
Presence St Joseph Hospital, Elgin
Behavioral Health Intake Coordinator

We would like to thank **ISMIE** and the
Northwestern Delnor Hospital Medical Staff
and **Presence St. Joseph Hospital Medical**
Staff for the unrestricted
educational grants they provided for this
CME activity.

Designation Statement: The Illinois
State Medical Society designates this
live activity for a maximum of **3 AMA**
PRA Category 1 Credits™.
Physicians should claim only the
credit commensurate with the extent
of their participation in the activity.

All faculty, planners and anyone with input to content have disclosed no relevant financial relationships with any commercial interest.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Illinois State Medical Society and the Kane and McHenry County Medical Societies. The Illinois State Medical Society is accredited by the ACCME to provide continuing medical education for physicians

For more information contact Paula at
630-584-6129 or email paula@kcmsdocs.org

Physicians' Wellness Retreat: Being of Sound Mind and Body

Registration Form (cost includes CME for physicians)

(Register early-bird prices **before** September 9, 2016)

CONFERENCE FEES

Any County Medical Society Member Physician: \$25 (\$40 after 9/9/16)
Any County Medical Society Member's Significant Other \$10 (\$25 after 9/9/16)
Hospital Administration and \$25 (\$40 after 9/9/16)
Sponsoring Hospital System Employed Physician

Non-Member Physician: \$50 (\$75 after 9/9/16)
Non-Member Significant Other: \$25 (\$40 after 9/9/16)

Name(s): _____ Credentials (MD, DO) _____ Member Physician ?
(Use additional sheet for more attendees).

Attendee: _____ Yes _____ No _____

Email (required): _____

Attendee: _____ Yes _____ No _____

Email (required): _____

Physician Practice Type (ex. OB/GYN): _____

Practice Name: _____

Practice Address: _____

City: _____ **State:** _____ **Zip:** _____

Daytime phone: _____

Preferred Breakout Session—Physician choose two (2) sessions, significant other choose one (1)

	Physician	Significant Other
Strategies for Individual Physician Health	_____	_____
Burnouts Anonymous	_____	_____
We're Home, Now What - <i>Special Session for Significant Others</i>	_____	<u> X </u>

METHOD OF PAYMENT:

Please charge \$ _____ +\$2.50 credit card fee (no fee if registration is done at www.kcmsdocs.org)

Visa _____ MC _____ AMEX _____

Account # _____

Exp. Date: _____ VCode: _____

Billing Address: _____ (if different from practice address above)

City: _____

State: _____ Zip: _____

Name on Credit Card: _____

Check enclosed: _____

Send payment to: Kane County Medical Society, 2320 Dean St., St. Charles, IL 60175 or
Fax credit card payments to secure fax: 630-584-6703 or **email to:** paula@kcmsdocs.org
IMPORTANT: Email used only for registration and update purposes only.

For your convenience, REGISTRATION AND PAYMENT MAY BE MADE AT WWW.KCMSDOCS.ORG
Breakout Sessions will be assigned after registration.