8:30- 9:00  Continental Breakfast
9:00-9:15  Introduction to the Retreat: Dr. Jansen
9:15-9:30  Retreat Overview: Dr. Schulein
          Setting Retreat Intentions
          Welcoming new residents
          Housekeeping Details
          Intro to the Meade Reserve—Pamela Resech
9:30-10:30 Fatigue & Stress Management Tools: Yoga and Breathing
            Dr. Luann Malsin
10:30-10:45 Break
10:45-11:15 Resident Wellness Survey
11:15-12:15 Presentation
12:15-1:00 Lunch
1:00-3:15  Soccer, football, volleyball, Bean bag toss,
            Music, misc;
3:14-4:15  Reflections on Residency: Chiefs Wisdom
4:15-4:40  The Times They Are A Changin’ Dr. Brian Ewert
4:45-5:15  Closing
            -Retreat evaluations
            -Giving the charge for well-being
            -Drawing for prizes
5:15 – 7:00  Post Retreat Gathering: Beverages and Snacks; Fire pit