

**Marshfield Clinic/St. Joseph's Hospital  
Division of Education  
Resident Well-Being Retreat  
Wednesday Sept. 26, 2013  
Mead Wildlife Reserve**

- 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**