

# Reclaim Your JOY of MEDICINE

## ANNUAL SUMMIT

Join other physicians in the region for fellowship and hands on educational sessions to help you build resilience and bring joy back to your practice of medicine.

### SEPTEMBER

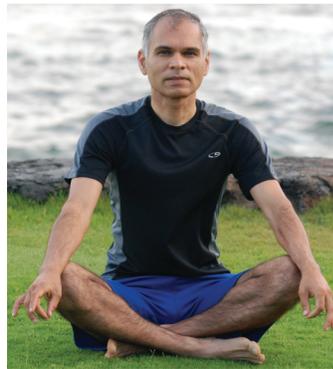
# 23

7:30 am - 2:00 pm  
Arden Hills Country Club  
Sacramento

Limited Spots:  
Reservations Required  
by September 8th  
RSVP at [LCoate@ssvms.org](mailto:LCoate@ssvms.org)



**Robert Emmons, PhD, "Gratitude Works! Why Gratefulness is Indispensable for Patient and Provider Wellness"** Dr. Emmons is the world's leading scientific expert on gratitude. He is a professor of psychology at the University of California, Davis, and the founding editor-in-chief of *The Journal of Positive Psychology*. Dr. Emmons' session will focus on how gratitude heals, energizes, and transforms lives. He is the author of several books including *Thanks! How the New Science of Gratitude Can Make You Happier*.



**Rajiv Misquitta, MD, "Practicing Mindful Medicine"** Dr. Misquitta is an internal medicine physician with The Permanente Medical Group and President-Elect of SSVMS. After suffering a heart attack at age 40, Dr. Misquitta dedicated himself to transforming his life and the lives of his colleagues and patients. At his session, you will be introduced to mindfulness techniques, the science and research behind mindfulness, and why this important to physicians.



**Melissa Marshall, MD, "The Healers Arts"** Dr. Marshall is the Chief Medical Officer for CommuniCare Health Centers. Her presentation seeks to answer several questions of physicians such as: "what do we give up in order to become healers, what parts of ourselves do we have to disconnect in order to do this work and how do we see in new ways and connect to our calling and the meaning of our service"?

Other presentations include: Decluttering, Biofeedback and the Wheel of Life Exercise  
Free for Physicians, Residents & Medical Students  
Breakfast & Lunch Provided, CME Credits Available