

# Population Health & Well-being Series

Prescription For Physician Burnout

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Live Webinar

Mar 18, 2025
1:00-2:00 pm (Qatar Time)



# **Speaker**

# Dr. Sivaneswaran Poobalasingam

Chair, Advisory Board Lifestyle Medicine Global Alliance Founding President, Malaysian Society Of Lifestyle Medicine

## Learning objectives:

- Outline determinants of physician wellbeing
- Describe stress, burnout, and stress resilience
- 3 Discuss lifestyle medicine and self care
- Recognize the role of mindfulness in stress resilience, managing and preventing burnout

Target Audience: Physicians, Nurses, Dentists, Pharmacists, Allied Health Practitioners, Students, Researchers, Educators and Administrators

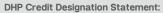
Free Registration: Contact Us: iph@qatar-med.cornell.edu





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Weill Cornell Medicine-Qatar is accredited as a provider of Continuing Medical Education (CME) and Continuing Professional Development (CPD) by the Department of Healthcare Professions (DHP) of the Ministry of Public Health.



This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions-Accreditation Section and is approved for a maximum of 1.0 hour.



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