

# 30 Minute Physician Mindfulness



Every Monday, Tuesday,  
Wednesday and Thursday at 8pm

The current pandemic is causing unprecedented levels of stress and anxiety in our workplace. Drop in and learn short mindfulness practices to help find calm in the midst of challenge. Relax, recharge and learn how to incorporate moments of mindfulness into your day. Optional discussion to follow.

From us and for us:

No OHIP numbers are required. This is not treatment or therapy.

## **Mondays 8-830 with Dr Diane Meschino starting March 30th**

Email: [Diane.Meschino@wchospital.ca](mailto:Diane.Meschino@wchospital.ca) for more information or simply join the Zoom session

Join Zoom Meeting: <https://zoom.us/j/6132246869> Meeting ID: 613 224 6869

## **Tuesdays 8-830pm with Dr Jennifer Hirsch starting March 24th**

Email: [Jennifer.hirsch@sinaihealth.ca](mailto:Jennifer.hirsch@sinaihealth.ca) for more information or simply join the Zoom session

Join Zoom Meeting: <https://zoom.us/j/148527614> Meeting ID: 148 527 614

## **Wednesdays 8-830pm with Dr Mary Elliott starting March 25th**

Email [Mary.Elliott@uhn.ca](mailto:Mary.Elliott@uhn.ca) for more information simply join the Zoom session

Join Zoom Meeting: <https://zoom.us/j/9482159624> Meeting ID: 948 215 9624

## **Thursdays 8-830pm with Dr Orit Zamir starting March 26th**

Email [Orit.Zamir@sinaihealth.ca](mailto:Orit.Zamir@sinaihealth.ca) for more information or simply join the Zoom session

Join Zoom Meeting: <https://zoom.us/j/302330041> Meeting ID: 302 330 041

**For individual support**, or to suggest an additional time for mindfulness in the week, please contact **Dr Diane Meschino** at: [diane.meschino@wchospital.ca](mailto:diane.meschino@wchospital.ca)