

# ATTENTION HEALTHCARE PROVIDERS: FREE VIRTUAL WORKSHOP

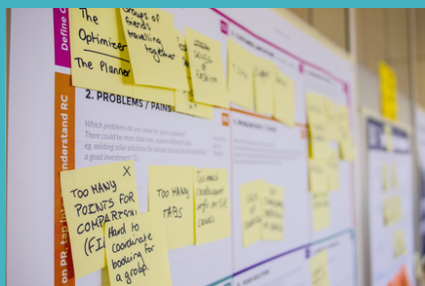
## *The Healthy Healer:*

*How to Go From Overwhelmed and Exhausted to More  
Balanced and In Control of Your Professional and Personal Life*

**November 6, 2021  
9:00-11:00 am PDT**

Having a medical career can:

- Steal time and energy from your personal life.
- Put great stressors on your relationships.
- Take an even bigger toll due to the effects of the pandemic.



Discover:

- How to find balance and set boundaries at work.
- A simple strategy to strengthen your relationships.
- Take control of your personal and professional life before things go from bad to worse.

If you don't make a change, the damage of this chronic stress and overwhelm can affect your health and wellbeing. Don't fall victim to the statistics of being a medical provider. We face increased rates of divorce, health problems, mental health concerns, and worst yet... elevated risk of suicide.

**REGISTER HERE**

Sponsored by the Marion-Polk County Medical Society and  
Transformational Doc, LLC.

Questions? email [transformationaldoc@gmail.com](mailto:transformationaldoc@gmail.com)

NOVEMBER 6, 2021  
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## *Healthy Healer Facilitators*

Erin Hurley, MD is a Board Certified Pediatrician who serves on the board of the Marion-Polk County Medical Society. Over the past several years she has advocated for prioritizing and improving wellness practices and self-care for health care providers. She has written wellness articles for the medical society's quarterly publication Chart Notes, and sponsored a wellness retreat and several wellness workshops.



Mary Meador, MD is a Board Certified Family Physician with a practice limited to mental and behavioral health. She focuses her practice on fostering a deeper understanding of the indivisible connection between physical and mental health. She has written and taught about the role that our relationships, the mind, and the brain all play in our well being.

Sherry Richert Belul, founder of Simply Celebrate, helps people find creative, intentional and impactful ways to celebrate life and to express love for family and friends. She is a Certified High Performance Coach and the author of Say it Now: 33 Creative Ways to Say I Love You to the Most Important People in Your Life. Her work has been featured in the New York Times, Town + Country, and The Wall Street Journal.

