

Reconnect & Recharge: NURTURING WELLNESS TOGETHER

Kick off 2026 by strengthening well-being and building new connections.

**SATURDAY,
JANUARY 31, 2026**

8:30am – 12:45pm



8:30am

Breakfast

9:00am

Session Begins

12:15pm

Lunch

12:45pm

**Optional Walk/
Cold-Water Dip!**



Oak Bay Marina

1327 Beach Drive



Please RSVP by

Jan 19

Give yourself a break!

We've all experienced moral distress, but we rarely give ourselves time to address it.

Join us for Reconnect & Recharge, where Drs. Lawrence Yang, Sarah Lea, and Alicia Power team up to help you tackle beliefs that fuel burnout, set boundaries that honor your values, and reclaim the compassion you deserve. Walk away with concrete strategies to build a more supportive medical culture, starting with how you show up for yourself.

[CLICK TO RSVP](#)

DETAILS:
RSVP and confirmation required, no walk-ins
Breakfast and Lunch will be provided.

CONTACT
FOR QUESTIONS:
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