



OMSA Wellness
Retreat:
Unplug to Recharge

The Briars Spa & Resort
55 Hedge Road in Jackson's Point, Ontario
February 1-3, 2019

WELCOME

Welcome to the 7th annual Wellness Retreat!

We are ecstatic to welcome you to The Briars Spa & Resort for this year's **OMSA Wellness Retreat: Unplug to Recharge**. Medical school can keep us pretty busy and self-care tends to be pushed to the back burner. This weekend, you'll retreat from the hefty workload of medical student life and find a program that appeals to you: fitness activities, reflection in the beautiful scenery, and downtime to revel in doing whatever brings you joy.

Please note that in keeping with the tone of the wellness retreat, this will be a dry event – alcohol will not be served or allowed at this event.

The Briars is a historic resort with lodge & guest cottages overlooking Lake Simcoe. Visit the spa, get some exercise in the fitness room, hang out with friends in the games room with ping pong, billiards, foosball & shuffleboard or enjoy the snow with cross country skiing or snowshoeing.

We hope you have a wonderful weekend and connect with like-minded students from all across Ontario to recharge and develop skills that will enhance your wellness!

To stay tuned for other wellness initiatives & wellness resources, visit: <http://omsa.health.blog>

AGENDA

FRIDAY FEBRUARY 1st

TIME	ACTIVITY
4:00 PM	Hotel Check-In
5:45 PM	Opening Session & Dinner
7:30 PM	<i>Icebreaker: Wellness in Action: Applied Drama, Improv, and Creative Play</i>
9:00 PM	Free Time

SATURDAY FEBRUARY 2nd

TIME	ACTIVITY
7:30 AM	<i>Yoga or Morning Run</i>
8:15 AM	Morning Nourishment
9:30 AM	<i>Keynote Speaker: Dr. Shelly Dev</i>
10:50 AM	<i>Workshop A</i>
11:50 AM	Health Break
12:00 PM	<i>Workshop B</i>
1:00 PM	Lunch
2:20 PM	<i>Workshop C</i>
3:20 PM	Health Break
3:30 PM	<i>Workshop D</i>
5:30 PM	Free Time
6:45 PM	Dinner
8:45 PM	<i>Coffeehouse / Board Games</i>
10:30 PM	Free Time

SUNDAY FEBRUARY 3rd

TIME	ACTIVITY
7:45 AM	<i>Yoga or Morning Run</i>
8:30 AM	Morning Nourishment
9:45 AM	<i>Keynote Speaker: Dr. Albuquerque</i>
11:00 AM	<i>Closing / Sharing Circle</i>
12:00 PM	Snacks

WORKSHOPS

Workshop A Options (10:50–11:50)

McMaster Improv Team	Improv Play: Making Friends with Failure
Catherine Manning	Music Therapy (10:50 - 12:20)
Millaray Sanchez-Campos and Heather MacLean	Mindfulness for Medical School, Residency, and Beyond
Briars Resort	Winter Wonderland: Skiing, Snowshoeing, and Skating
Longitudinal Wellness Team	Huddle for Health: Changing the Tide of Wellness Across Ontario
Deanne Campbell	Zumba
YOU	Personal Time: <i>Briars spa? Read a book? Take some you time to do whatever brings you joy.</i>

Workshop B Options (12:00–13:00)

Julia Carter	Nutritious Lunches and Healthy Eating for Busy Students
Catherine Manning	Music Therapy (Continued) from Block A: 10:50-12:20)
Millaray Sanchez-Campos and Heather MacLean	Mindfulness for Medical School, Residency, and Beyond
Ashtyn-Brooke Briscall and Leigh DeGroot	Manual Mindfulness: A Self-Care Workshop for your Muscles
Laura Baker	Yoga Relaxation and Massage
Briars Resort	Winter Wonderland: Skiing, Snowshoeing, and Skating
YOU	Persona Time: <i>Briars spa? Read a book? Take some you time to do whatever brings you joy.</i>

Workshop C Options (14:20–15:20)

Julia Carter	Nutritious Lunches and Healthy Eating for Busy Students
Longitudinal Wellness Team	Huddle for Health: Changing the Tide of Wellness Across Ontario
McMaster Improv Team	Improv Play: Making Friends with Failure
Deanne Campbell	Zumba
Ashtyn-Brooke Briscall and Leigh DeGroot	Manual Mindfulness: A Self-Care Workshop for your Muscles
Stephanie Klein	Prioritizing your Wellness During Medical School: Tips for Managing Stress and Maintaining Work-Life Balance
YOU	Personal Time: <i>Briars spa? Read a book? Take some you time to do whatever brings you joy.</i>

Workshop D Options (15:30–17:30)

Catherine Manning	Music Therapy (15:30 - 17:00)
Mera Gilboa & Andrea Savoie	Art Therapy
Stephanie Klein	Prioritizing your Wellness During Medical School: Tips for Managing Stress and Maintaining Work-Life Balance (15:30 - 16:30)
Deanne Campbell	Zumba (15:30 - 16:30)
Laura Baker	Yoga Relaxation and Massage (15:30 - 16:30)
Briars Resort	Guided Hike (16:30–17:15)
YOU	Personal Time: <i>Briars spa? Read a book? Take some you time to do whatever brings you joy.</i>

KEYNOTE SPEAKERS

Dr. Shelly Dev



Dr. Dev is has been a Staff Intensivist at Sunnybrook Health Sciences Centre in Toronto since 2006, after completing her Internal Medicine residency and Critical Care Fellowship at The University of Toronto. She complimented her Critical Care training with a fellowship at the New England Journal of Medicine in Boston. Her work there was focused on the development of media for peer review publication through working on their series, Videos in Clinical Medicine. She has published her own videos through this series and continues to work in collaboration with the editorial staff at NEJM.

Dr. Dev has used her video production skills in the field of knowledge translation, collaborating with colleagues of varying clinical backgrounds in order to create multimedia educational tools around topics as diverse as lung protective ventilation, proper hand washing techniques, communication skills and brain death declaration.

Most recently, Dr. Dev has been invited widely to speak about Physician Burnout, Wellness and Medical Culture. These invitations have included featured interviews on the Canadian Broadcasting Corporation (CBC) Radio One, an editorial piece in the Globe and Mail as well as several national and international scientific meetings.

Dr. Dev is an Assistant Professor in the Faculty of Medicine and is the Director of Education in the Department of Critical Care Medicine at Sunnybrook, the Director of Wellness and Mentorship in the Interdepartmental Division of Critical Care Medicine at the University of Toronto and the lead of Undergraduate Medical Mentorship at the Peters-Boyd Academy for Sunnybrook, North York General and Women's College Hospitals. She is active in undergraduate and post-graduate education and has won several awards and recognition for her teaching.

If asked, however, Dr. Dev counts her most significant achievement as continuing to convince 8-year-old Jack and 10-year-old Nathan that Santa Claus and the Tooth fairy are real.

KEYNOTE SPEAKERS

Dr. Joy Albuquerque



Medical Director, Physician Health Program (PHP)
Ontario Medical Association (OMA)

Dr. Joy Albuquerque completed her medical training in Manitoba then worked as a general practitioner for a few years prior to specializing in psychiatry, and completing her FRCP training in Ottawa 1997. With a longstanding interest in mental health advocacy, she chose to round out her education through graduate training in philosophy (MA 2007).

Dr. Albuquerque joined the OMA's Physician Health Program as Associate Medical Director in 2004 and accepted the role of Medical Director in 2017. Her role has evolved beyond the management of mental health conditions to expertise in the field of risk management of physicians and their work. She is interested in the tension inherent to a self-governed profession that must navigate between public safety and the privacy of individual physicians who are experiencing mental distress. Dr. Albuquerque also regularly contributes to medical education events dealing with topics of physician health, burnout and resilience.

Dr. Albuquerque practices at St. Michael's Hospital and is an Assistant Professor at the University of Toronto department of psychiatry. Outside of medicine, Joy is an avid reader of classics and fiction. She and her husband enjoy long-distance walking and have been going on annual walks for over 15 years.

LARGE GROUP SESSION

WELLNESS IN ACTION: APPLIED DRAMA, IMPROV, AND CREATIVE PLAY

The workshop will explore how drama and improv can develop clinical skills and build wellness. Medicine, like theatre, is both an art form and skill set; clinical interactions and patient encounters combine performance, unpredictable situations, and the need for information-gathering (Watson, 2011). Through theatre games and improvisational exercises, we will think creatively on our feet, build relationships with each other, and enhance wellness through creative play. Through the workshop experience, participants will regain a sense of play and identify its value in educational and clinical spaces.

No previous theatre experience required.

Presented by: **HARTLEY JAFINE**



Hartley Jafine is an instructor in the Bachelor of Health Sciences (Honours) program and Arts & Science program at McMaster University, where he facilitates theatre and arts based courses. When not on the McMaster campus, Hartley works as a freelance applied drama and improv practitioner, communication coach with the University of Toronto's Postgraduate Medical Education program and as an Arts Educator at Baycrest Health Sciences. His teaching and research focuses on applied drama and the use of drama in professional health sciences training. For over a decade, he has been integrating drama, improv, and play specifically within medicine and health sciences education and he is currently facilitating medical improv with health care professionals across the GTA. He is also a clown nose enthusiast and an inept bicyclist. Find him @hartleyjafine



WORKSHOP SPEAKERS & DESCRIPTIONS

HUDDLE FOR HEALTH: CHANGING THE TIDE OF WELLNESS ACROSS ONTARIO

Through a series of interactive activities, students will have the opportunity to network with like-minded peers and discuss contributors to stress within medical school. Peers will discuss what is working within each school, what isn't, and what can be done to improve general wellness. Ideas generated in this workshop will be used by the longitudinal wellness committee to inform their initiatives province-wide. This is your chance to be part of the discussion, and to make a meaningful contribution to changing the tide of wellness at medical schools across Ontario!

Presented by: **THE OMSA LONGITUDINAL WELLNESS TEAM**



We are a trio of students working together to better understand the challenges we all face when it comes to personal-wellbeing and establishing initiatives that will hopefully improve wellness across all Ontario medical schools.

YOGA



Come join me for an hour workshop on learning how to give and receive gentle adjustments to deepen your poses. Will also guide the group through how to give and receive should/head and neck massage. We will close the session with a grounding and calming guided meditation session.

Morning yoga and the workshop, Yoga Relaxation and Massage, will be delivered **by LAURA BAKER.**

General surgery resident at The University of Ottawa, Clinical Epidemiology Masters Student, Yoga teacher in the making (YTT 200hr certification complete January 2019), avid traveler, craft beer enthusiast and baker. Find her @lbaker156

ZUMBA

Live and Dance and Let the positive set you free with Zumba®. A fusion of dance and fitness featuring styles from all around the world that will have you laughing and having fun while sweating it out on the dance floor. There are no wrong moves in a Zumba class!

Presented by: **DEANNE CAMPBELL**



Deanne is a certified Fitness Instructor Specialist with several years experience teaching group fitness in a number of modalities including Yoga, Pilates, Zumba, Bootcamp and much more. She has been teaching Zumba® since attending the very first Canadian training in 2008 and has since had the opportunity to teach at a number of special events and venues including Mississauga's Celebration Square. Deanne is always happy to share her love of dance and fitness with others and looks forward to sharing it with you.

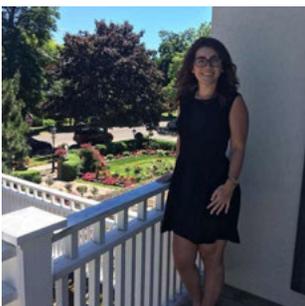
MANUAL MINDFULNESS: A SELF-CARE WORKSHOP FOR YOUR MUSCLES

The goal of this workshop is to identify postural dysfunctions common to medical students and teach self care strategies for maintenance, relief and injury prevention. Join us to learn independent techniques that facilitate an easy day-to-day routine, and prioritize your self-care in this interactive and fun session.

Presented by: **ASHTYN-BROOKE BRISCALL & LEIGH DEGROOTE**



Ashtyn-Brooke is an honours graduate of Trillium college. She prides herself on being a very active individual with an avid interest in body mechanics, health and fitness. She enjoys treating therapeutically and rehabilitating her clients. Ashtyn-Brooke strives to make every treatment client centred and effective so every client leaves happy! Her passion for learning proves to be a major asset to her practice, as she is always wanting to learn new skills and keep her knowledge of the human body current. In her free time Ashtyn-Brooke can be found reading, hiking, or working out at the gym.



Leigh is a patient-centered physiotherapist who focuses on natural health and wellness, manual therapy and a multi-disciplinary approach. She has completed her Bachelor of Science (Hon) degree in Kinesiology at Brock University in 2008 and her Doctor of Physical Therapy degree from D'Youville College in 2011. Leigh has worked and interned in a variety of settings in the United States and Canada including in-patient care, sub-acute rehab, pediatrics, orthopedics and aquatics.

Leigh takes pride in her high quality patient care, comprehensive examinations and treatment programs, her diverse experiences and passion for helping others live their best lives possible. In addition to physiotherapy, Leigh teaches Essential Oil Education Classes, Aquatic Instruction courses, volunteers as medical staff at Skate Canada Competitions and loves spending time with her young family.

GUIDED HIKE (16:30 - 17:15)

Come and enjoy the beautiful and historic estate at the Briars Resort on a guided hike led by the recreation coordinator at the Briars. The Briars is situated on the Lake Simcoe shoreline in the Ontario Green Belt, and close to the town of Jackson's Point, Ontario. The resort is also recognized for its historic and natural significance by the Ontario Heritage Foundation and the Arboretum of the University of Guelph.

Presented by: **BRIARS RESORT**

WINTER WONDERLAND: SKIING, SNOWSHOEING, AND SKATING!

Bring a pair of skates, or sign out a pair of cross-country skis or snowshoe at the Briars! This self-led workshop will take you through the beautiful trails and along Lake Simcoe with your favourite winter activity. Grab a pair of skates or skis, and a couple of new friends to explore the winter oasis that awaits you at the Briars!



NUTRITIOUS LUNCHES AND HEALTHY EATING FOR BUSY STUDENTS

Pressed for time when it comes to preparing food? Join Julia, a Registered Dietitian, for an interactive workshop. Discover how to transform simple food staples into quick and easy meals. Become a better meal planner, eat more nutritious foods, and learn how to pack a satisfying lunch.

Presented by: **JULIA CARTER**



Julia Heos is a Registered Dietitian and Certified Craving Change Facilitator practicing in Georgina and Uxbridge, Ontario. She received her Bachelor of Science in Nutrition and Dietetics from Western University in London, Ontario and completed her dietetic internship at Hamilton Health Sciences. After working briefly in long term care as a clinical dietitian, she began working as an in-store dietitian for Loblaw Companies Limited. Today, Julia uses her skills in nutrition therapy to help people manage various chronic conditions, like diabetes and heart disease, as well as help people improve their relationship with food and their bodies. Julia focuses on intuitive eating and weight inclusive wellness.

PRIORITIZING YOUR WELLNESS DURING MEDICAL SCHOOL: TIPS FOR MANAGING STRESS AND MAINTAINING WORK-LIFE BALANCE

The demands placed on medical students during their training can contribute to increased stress and impact personal well-being. Clerkship in particular, can be a difficult transition. In this interactive workshop you will explore common challenges medical students face and some key tips for coping. You will evaluate your own work-life balance in a fun colouring-activity and share strategies with your peers.

Presented by: **STEPHANIE KLEIN**



Dr. Stephanie Klein is a newly graduated family physician starting her practice with the North York Family Health Team. She attended medical school at the University of Toronto, graduating in 2016. She completed family medicine residency training at the University of Toronto Department of Family and Community Medicine, based at North York General where she served as Chief Resident. During her residency, she created a wellness curriculum for her peers entitled "GRIT: Gaining Resilience in Training" and a Balint Group Program. Dr. Klein was recently recognized as the Ontario College of Family Physicians Resident of the Year and received the College of Family Physicians of Canada Scholarly Achievement Award for her work in medical student and physician wellness.

Dr. Klein is the Faculty Wellness Lead at North York General Department of Family Medicine. She enjoys speaking with medical students on this topic. She has a comprehensive family medicine practice and also provides geriatric care in her community.

MINDFULNESS FOR MEDICAL SCHOOL, RESIDENCY, AND BEYOND

Mindfulness has been shown to help prevent negative stress-related outcomes. Additionally, it can help medical students and health care professionals better connect with their patients. This workshop will review some of this evidence and will provide a hands-on, experiential introduction to the practice of mindfulness and discuss how it can be integrated into one's daily life and work.

Presented by: **MILLARAY SANCHEZ-COMPOS** and **HEATHER MACLEAN**



Dr. Millaray Sanchez-Campos is an assistant professor in the Department of Family Medicine at the University of Ottawa. She has significantly contributed to the development and implementation of the longitudinal undergraduate mindfulness curriculum at the uOttawa, she is involved with the Humanities in Medicine Program and is a co-founder of the Academy of Mindfulness and Contemplative Studies with the University of Ottawa Brain and Mind Institute. Dr. Sanchez-Campos is an investigator in several studies of mindfulness in medical education. She is experienced in the field of mindfulness and together with her colleagues at the University of Ottawa, she has given workshops in mindfulness for faculty development and has presented at national and international meetings on health care professional wellness and mindfulness curricula.



*Dr. Heather MacLean is an Assistant Professor of Neurology and the Director of Pre-Clerkship at the University of Ottawa. She spearheaded the development of a longitudinal Mindfulness Curriculum in UGME and has authored a book on mindfulness entitled *Mindfulness for Medical School, Residency and Beyond*. She is an investigator in several studies on mindfulness both in medical school and in MS patients and is a co-founder of the Academy of Mindfulness and Contemplative Studies with the University of Ottawa Brain and Mind Institute.*

SINGING FOR OUR LIVES: MUSIC THERAPY - THE CLINICAL AND THE PERSONAL

Music can be with us in our moments of calm or sorrow, and it can just as easily propel us into states of ecstasy. Such a powerful, ancient art form – and Catherine looks forward to exploring its therapeutic range and potentiality with you. She will engage participants in an understanding of her work as a clinical music therapist in palliative care, and will provide avenues for exploring on a more personal level the experience of music and wellness in our lives. **"Where words fail, music speaks" – Hans Christian Andersen**

What to bring: Your musical instruments.

Presented by: **CATHERINE MANNING**



Originally from Guelph, Catherine completed her undergraduate degree in Psychology at the University of Waterloo followed by a second BA in Music Therapy in Vancouver. She has practiced as a music therapist for the past 22 years, and specializes in work with end-of life. While she has enjoyed her work in mental health, in transition houses for abused women, and with Long Term Care clients, Catherine finds her work in Palliative and Hospice care to be deeply meaningful. She currently practices as the Music Therapist at St. Michael's Hospital in Palliative Care, and at Wellspring Cancer Support Centre in Oakville where she runs the music therapy program for those living with cancer. Catherine is a Registered Psychotherapist through the College of Registered Psychotherapists of Ontario, and is an Accredited Music Therapist with the Canadian Association of Music Therapy. She uses piano, guitar, harp and voice as primary means of musical engagement with clients. Catherine is married with 2 kids, one of whom is studying Health Sciences at McMaster University. She is delighted to share some of her passion for music and its unique abilities for connection in healing and wellness.

ART THERAPY

The Art Therapy workshop will introduce participants to the creative arts as a therapeutic process. Participants will imagine, build and create their own multi-dimensional mixed media artwork in a relaxed and playful setting.

Presented by: **MERAV GILBOA & ANDREA SAVOIE**

Merav Gilboa received her BA from the Hebrew University in Jerusalem followed by a 2-year diploma program in Art Therapy at the David Yellin Institute for Arts-Assisted Therapy. Her MA is in Cultural Studies (Open University of Israel) and her thesis explored body and space experiences of women with dementia in long-term care facilities. Merav has over 16 years of experience both in Israel and Canada working as an Art Therapist with diverse populations ranging from children with developmental and psychiatric disorders to older adults with dementia. Merav joined Baycrest in 2013 and is currently working in the Creative Arts Studio. As part of her services at the studio she delivers small-group Art therapy programs at the hospital and the Apotex using different materials and techniques.



Andrea received her graduate training in Art Therapy at Concordia University in Montreal. Over the past ten years, she has provided art therapy for persons living with dementia in residential and community settings in New Brunswick and in the GTA. She currently works at Baycrest Health Sciences where she provides art therapy and a therapeutic art studio program for seniors living with Alzheimer's disease and other dementias. Andrea recently co-authored an article in the peer reviewed Canadian Art Therapy Association Journal: Empowerment and Art Therapy With Marginalized Populations in Long-Term Care: A Team Perspective.

IMPROV PLAY: MAKING FRIENDS WITH FAILURE

This workshop will guide participants through an hour of play using the tools of improv. Participants will be led through exercises that encourage letting go of their inner critic, allowing them to embrace their innate silliness and creativity. There will be a focus on exercises and games that will help attendees to push the boundaries of their comfort zone in a safe and non-judgemental environment. No improv experience required, just a willingness to play and fail!

Presented by: **ADAM D'OVIDIO** and **DANIELLE KAARDAL**



Adam has loved improvisational comedy for as long as he can remember. Growing up watching "Whose Line Is It Anyway?" and seeing sketch and improv shows in Toronto inspired him to learn and perform. He recently completed a year of improv classes at Second City Toronto, learning techniques in both short- and long-form improv. He has performed on stage at Second City's "Monday Night Mash-Up" and during Orientation Week with "Adam and Friends". He is a co-founder and co-chair of the Mac Med Improv Club, established in Fall 2018.



Danielle Kaardal has been learning and performing improvised theatre for just a little more than three years. Her improv journey began on the West Coast in Victoria, BC with Paper Street Improv Theatre. There she performed for audiences alongside her fellow Master Class students. Recently, she co-founded the Mac Med Improv Club at the Michael G. DeGroot School of Medicine, through which she encourages her peers to let go of their perfectionism, find their playfulness and connect with others.

Coffeehouse & Board Games — Saturday @ 8:30PM

Brought back by popular demand, we have our annual coffeehouse! Bring your instruments, humour, solos or duets, and other talents for our open mic night coffeehouse. Enjoy live entertainment from your fellow retreaters! And bring your favourite board games to play with your new friends!

PACKING LIST



What to wear:

- Dress comfortably and ready to participate in any fitness activities you choose
- Dress up for dinner on Saturday!



What to bring:

- An open mind
- Workout clothing & running shoes
- Yoga mat
- Warm jacket, sweater, and boots for outdoor activities
- Semi-formal outfit for Saturday dinner
- Journal & pen
- Water bottle
- Your musical instrument
- Travel pillow
- Select workshops also require you to bring a few supplies; please see the notes in the workshop descriptions



What **NOT** to bring:

- Alcohol – this is a DRY event. No alcohol is to be served or consumed at this event. Persons not respecting this will be asked to leave.
- Distractors (laptops, cell phones, gaming devices – take advantage of the opportunity to unplug!)

THANK YOU TO OUR SPONSORS!

Our most sincere thank you to all of the speakers who generously donated their time to this event & Ontario medical students' wellbeing, as well as:

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Ontario Medical Students
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Hope you have an amazing time during the OMSA Wellness Retreat!

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