

Using nutrition as a tool to reconnect and stay connected to your “why”

A Clinician Well-being Webinar

Thursday, May 26, noon – 1 p.m.

Clinicians’ busy schedules do not allow them much time to eat thoughtfully during their workday, let alone eat foods that aid in their energy and cognition. This webinar will deliver nutritional education for clinicians to consider implementing into their lives to keep them healthy, prevent or “bounce back from” burnout, and aid in providing quality patient care.



Objectives - At the end of this webinar, learners should be able to:

- Consider strategies to use nutrition as a tool to keep them healthy and prevent (or heal from) burnout
- Evaluate the benefits of a plant-based diet as part of an overall healthy eating pattern
- Design a plan to utilize dietary tools to optimize healthy eating within their clinical and home environments

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Target Audience: All physicians, APCs, nurses, clinicians, and others interested

Financial Disclosures: the planners, moderator, and speaker have indicated that there are no financial relationships with any ineligible companies to disclose.

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Speaker



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Moderator



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Planners



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