

UF College of Medicine presents

Celebrating Wellness

February 11-17, 2019

Watch for more information on scheduled events and please plan to attend our noontime presentations (snacks provided at each session):

Mental Health Resources for the UFCOM Community

Panel Presentation

Dr. Beth-Anne Blue (UF Employee Assistance Program); Dr. Rob Averbuch (UF Psychiatry Clinic); Dr. Marcia Morris (UF Student Mental Health); Dr. Alexis Polles (Professionals Resource Network, Inc.); Dr. Beverly Vidaurreta (UFCOM Office of Student Counseling)

Monday February 11 at 12-1pm in the Harrell Medical Education Building (Room 135)

[Click here to livestream](#)

Get Happier at Work: Give Gratitude

Dr. Ryan Duffy, Professor of Psychology

Tuesday February 12 at 12-1pm in the Harrell Medical Education Building (Room 135)

[Click here to livestream](#)

Inbox 0: Let's Do This!

Dr. Jennifer Duff, Assistant Professor, Department of Medicine, Division of Hematology and Oncology

Wednesday February 13 at 12-1pm in the Harrell Medical Education Building (Room 135)

[Click here to livestream](#)

What's Love Got to Do With It?

Compassion, Self-Compassion, and Health

Dr. Carol Lewis, Associate Professor of Psychiatry

Thursday February 14 at 12-1pm in the Harrell Medical Education Building (Room 135)

[Click here to livestream](#)

9 Important Communication Skills

in Your Significant Relationships at Home and Work

Dr. Victor Harris, Associate Professor of Family, Youth, & Community Sciences

**** Friday February 15 at 12-1pm in the DeWeese Auditorium (McKnight Brain Institute LG-101A)****

[Click here to livestream](#)

**An introduction to existing programs to encourage ongoing attention to wellness all 52 weeks of the year!*