



Agenda for SCORE Half-Day Seminar Caring for Yourself to Care for Others R, R, & R: Replenish, Restore, Refresh

Tuesday, June 7

9:00 – 9:50 am: Keynote Speech Patricia Lück, MBChB(MD), MPhil PallMed, MSc MedHum, Assistant Professor Clinical Medical Humanities, Department of Health Humanities and Bioethics, URSMD, *“Thriving Through Overwhelm - A Mindfulness Approach”*

Break: 9:50 – 10:00

10:00 – 11:00 am: UR Medicine's EAP Counselor, Pamela Spallacci, will facilitate a workshop on: *“Rethinking Work Life Balance.”* We live and work in a culture where work life balance is an elusive ideal most of us struggle to obtain. This talk will examine our current thoughts on work life balance and how we can better manage our priorities.

Wednesday, June 8

9:00 – 9:50 am: UR Medicine's EAP Counselor, Kristen Boggs, will facilitate a workshop on: *“Coping with Work and Family Stress”* Stress does not go away, but we can learn how to manage our stressful lives, change what we can change, and let go of the things we cannot change. This session introduces the concept of stress, explains how perceptions influence stress levels and identifies personal resources to mitigate stress.

Break: 9:50 – 10:00

10:00 – 11:00 am: Laura Sugarwala, MBA, RD, Director of Community Health Partnerships, Center for Community Health & Prevention, URM will have a cooking demonstration, *“Healthy Eating Tips for Busy Lifestyles”*

ASL Interpreters and Captioning will be available.

The sessions will be recorded and available to view on the [SCORE Events page](#).

ZOOM INFO:

Tuesday, June 7

Meeting ID: 960 0580 2883

Passcode: 741617

<https://urmc.zoom.us/j/96005802883?pwd=NnFQbTFBNjJMYWt1MDVOYm91bDIVUT09>

Wednesday, June 8

Meeting ID: 942 1954 4217

Passcode: 259239

<https://urmc.zoom.us/j/94219544217?pwd=WFBOa2dEQUxLZzdTUVpWUWFFdVgvUT09>