



2025 CFPC PHYSICIAN WELLNESS RETREAT

April 4 – 6, 2025

Pomeroy Kananaskis Mountain Lodge, Kananaskis AB

This program has received an educational grant from the Canadian Medical Association, MD Financial Management Inc., and Scotiabank.

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Key Information

Date & Time

**Friday April 4, 2025 at 8:00 a.m. -
Sunday April 6, 2025 at 10:30 a.m.**

Location

[Pomeroy Kananaskis Lodge](#), 1 Centennial Drive, Kananaskis T0L 2H0

Event Description

The CFPC Physician Wellness Retreat aims to provide family physicians an environment to learn and apply principles of physician wellness. The goal is to have this occur at both the individual and community levels by offering learning paths for both family physicians who desire to learn more about wellness, as well as family physician leaders in wellness.



The Canadian Medical Association, MD Financial Management Inc. and Scotiabank together proudly support the CFPC Physician Wellness Retreat, one of several initiatives that comprise their 10-year, \$115 million commitment to supporting the medical profession and advancing health in Canada.

Visit <https://www.microspec.com/reg/PWR25/> to view the registration information.

Goals

Working through the crisis in family medicine and adapting their practices to the needs of the COVID-19 pandemic has taken a toll on the health of Canadian family physicians. This retreat, which offers educational content and wellness experiences, aims to help registrants manage these stressors and high rates of burnout as part of a suite of physician wellness offerings undertaken by the CFPC. To learn more about other initiatives, please visit <https://www.cfpc.ca/en/physicianwellness>.

Learning Objectives

1. Apply evidence-based strategies to enhance overall well-being by implementing physical, mental, and emotional wellness practices
2. Plan and implement effective wellness practices both in clinical settings and personal lives
3. Develop strategies to foster a culture of well-being within the workplace, sharing resources or materials with colleagues, and exploring collaborative wellness initiatives that can be implemented as a team

Other Considerations

- The following is the preliminary program; details are subject to change. The program will be updated as needed and published on www.cfpc.ca/pwretreat.
- Times listed are in Mountain Time.
- Please contact pwretreat@cfpc.ca for any assistance or inquiries.

Schedule At-A-Glance

Friday, April 4 – Connecting with Ourselves and our World

Time	ID	Activity Title	Location	Speaker/Lead
8:00 - 8:30 a.m.	Fr-O1	Breakfast		N/A
8:30 – 8:45 a.m.	Fr-O2	Welcome and Setting Intentions		Dr. Victor Ng
8:45 – 9:00 a.m.	Fr-S1	Elder blessing		TBD
9:00 – 10:00 a.m.	Fr-S2	Keynote		Dr. Michael Quon
10:00 – 10:15 a.m.	Fr-W1	Guided Mountain Meditation		TBD
10:15 – 10:45 a.m.	Fr-O2	Break		
10:45 – 11:30 a.m.	Fr-S3	Talk		TBD
11:30 – 12:45 p.m.	Fr-O3	Lunch		
12:45 – 1:30 p.m.	Fr-S4	Digital Health Technology: The New Stethoscope		Dr. Chandi Chandrasena
1:30 – 1:45 p.m.	Fr-O4	Transition Time/Bio Break		
1:45 – 3:00 p.m.	Fr-S5	Workshop (TBD)		Dr. Michael Quon
	Fr-S6	HeART Workshop		Dr. Erin Bearss
	Fr-S7	Workshop Dammit Jim! I didn't go to Med school to Manage my EMR: <i>Digital Wellness: Strategies for Navigating Technology without Burnout</i>		Dr. Chandi Chandrasena
3:00 - 3:30 p.m.	Fr-O5	Transition to Activity		N/A
3:30 – 5:30 p.m.	Fr-SNOW	Snowshoeing	Offsite	Kananaskis Outfitters
	Fr-FALLS	Trolls fall walking tour	Offsite	Kananaskis Outfitters
	Fr-BIKE	Fat bike	Onsite	Kananaskis Outfitters
	Fr-YOGA	Yoga	Onsite	TBD
	Fr-DANCE	Line dancing	Onsite	TBD
	Fr-FOREST	Forest Bathing	Onsite	TBD

Evening

Time	ID	Activity Title	Location	Details
6:30 – 8:00 p.m.	Fr-O6	Dinner	TBD	Buffet-style dinner
8:00 – 9:00 p.m.	Fr-S8	Fireside Chat	TBD	TBD

Saturday, April 5 – Circles of Connection

Main program

Time	ID	Activity Title	Location	Speaker/Lead
8:30 – 9:00 a.m.	Sa-O1	Breakfast		N/A
9:00 – 10:00 a.m.	Sa-S1	Keynote		Dr. Ojistoh Horn
10:00 – 10:15 a.m.	Sa-W1	Guided Mountain Meditation		TBD
10:15 – 10:45 a.m.	Sa-O2	Break		
10:45 – 11:30 a.m.	Sa-S2	Perspectives in Physician Health		Dr. Michael Kaufmann
11:30 – 12:45 p.m.	Sa-O3	Lunch		
12:45 – 1:30 p.m.	Sa-S3	Talk (TBD)		Dr. Sarah Kim
1:30 – 1:45 p.m.	Sa-O4	Break		
1:45 – 3:00 p.m.	Sa-S4	Workshop (TBD)		Dr. Ojistoh Horn
	Sa-S5	Workshop (TBD)		Dr. Michael Kaufmann
	Sa-S6	Co-creating psychological safety on clinical, administrative, or educational teams		Dr. James Goertzen
3:00 – 3:30 p.m.	Sa-O5	Transition to Activities		
3:30 – 5:30 p.m.	Sa-SNOW	Snowshoeing	Offsite	Kananaskis Outfitters
	Sa-FALLS	Trolls fall walking tour	Offsite	Kananaskis Outfitters
	Sa-BIKE	Fat bike	Onsite	Kananaskis Outfitters
	Sa-YOGA	Yoga	Onsite	TBD
	Sa-DANCE	Line dancing	Onsite	TBD
	Sa-HUNT	Kananaskis Scavenger Hunt	Onsite	Kananaskis Outfitters
	Sa-JOURNAL	Gratitude Journaling	Onsite	TBD

Evening

Time	ID	Activity Title	Location	Details
5:30 – 6:30 p.m.	Sa-O4	Financial wellness session	TBD	TBA
6:30 – 8:00 p.m.	Fr-O6	Dinner	TBD	Buffet-style dinner

Sunday, April 6 – Sailing into the Future

Time	ID	Activity Title	Location	Speaker/Lead
8:30 – 9:30 a.m.	Su-S1	Breakfast and Panel discussion: Where do we go from here?	TBD	Moderator: <ul style="list-style-type: none"> • Dr. Erin Bearss Panelists: <ul style="list-style-type: none"> • Dr. Chandi Chandrasena • Dr. Ojistoh Horn • Dr. Michael Kaufmann
9:30 – 10:15 a.m.	Su-S2	Taking Action	TBD	<ul style="list-style-type: none"> • Dr. Erin Bearss • Dr. Sarah Kim
10:15 – 10:30 a.m.	Su-O1	Adjournment and departing intentions	TBD	TBD

Speaker Bios

In order of appearance in the program

Dr. Michael Quon



Dr. Michael Quon is a general internist at the Ottawa Hospital. After re-entering the workforce following a traumatic brain injury, he became a dedicated advocate to improve support and inclusion of physicians with disabilities and chronic conditions. He co-led the accessibility and accommodations policy for physicians with disabilities at the Ottawa Hospital, the first of its kind in Canada. He then collaborated with the Ontario Medical Association to raise awareness of physicians' right to work with accommodations in the hospital environment. His perspective that well-being planning should address ableism was published in JAMA. He is the invited co-chair of an Inclusive Workforce working group for the Royal College National Plan for Health Workforce Well-Being.

Dr. Chandi Chandrasena

TBA

Dr. Erin Bearss



Dr. Erin Bearss earned her medical degree at McMaster University in 2002 and completed her Family Medicine residency in 2004 and Emergency Medicine Fellowship in 2005 at the University of Toronto. Dr. Bearss is a staff physician at the Granovsky-Gluskin Family Medicine Centre and in the Schwartz-Reisman Emergency Department at Mount Sinai Hospital. She practices comprehensive family medicine and emergency medicine and is currently the Chief of Family Medicine at Sinai. Her academic interests are in the areas of Resident & Physician Wellness, Intergenerational Teaching & Learning and Medically Unexplained Symptoms. She is the co-chair of the College of Family Physicians of Canada Member Interest Group in Physician Wellness.

Dr. Sarah Kim



Dr. Sarah Kim is an Assistant Professor at the Department of Family and Community Medicine at the University of Toronto. She serves as the Health Humanities Theme Lead for the Temerty Faculty of Medicine at the University of Toronto and heads the Program in Health, Arts & Humanities. Within her medical and teaching practices, Sarah integrates the arts, humanities, mindfulness meditation and movement education as generative components of resilience, positive interdependence and compassion-based care. Her investigations examine the relationship between high performance and historical ideas around the body, exploring embedded hierarchies and the intersection of humanness within industrialized systems. Sarah's method cultivates a non-intrusive approach, inviting dialogue and positive affirmation of the full spectrum of the human experience that support the development of a well and resilient healthcare force; the foundation of a robust and compassionate healthcare system.

Website: <https://sarahkim.org> Instagram: [@sarahkim_md](https://www.instagram.com/sarahkim_md)

Dr. Ojistoh Horn



Ojistoh Kahnawahere Horn is from the Kanienkeha:ka (Mohawk) communities of Kahnawake and Akwesasne. For 16 years, she has worked as a family physician taking care of her people through all stages of the lifecycle. Supervising medical students and family medicine residents during their rural rotations in Akwesasne, and in her new role as the Medical Director of Clinical Care in the Department of Health in Akwesasne, she teaches the complexities of providing primary care to Indigenous peoples and their communities. Drawing on both Western and Traditional paradigms she focuses on the effects of the environment and pollution on health.

Dr. Michael Kaufman

TBA

Dr. James Goertzen

TBA

Know Before You Go

Travel and Accommodations

Flight

- **Air Canada:** Go to www.aircanada.com and use promo code **R494DKJ1**
- **West Jet:** Go to www.westjet.com/conventions and use discount code **6S9U7ZY**

Hotel

Rooms available at discounted rates are limited. Please book your room at your earliest convenience by clicking this link: <https://www.marriott.com/event-reservations/reservation-link/physician-wellness-retreat>.

Travel to and from Calgary International Airport (YYC)

Shuttle

Shuttles to and from the Pomeroy Kananaskis Lodge are available for registrants and their guests on the Physician Wellness Retreat registration page. As you complete your registration, simply select which option works best for you.

Taxi and Car Service

- **From the Airport to Kananaskis:** Available at Calgary Airport Arrivals Level. Taxi stands located at Doors 1, 9 and 15.
- **From Kananaskis to the Airport:** Arrange directly with a local taxi company or via the hotel concierge at least two hours before departure.

Driving

Complimentary outdoor parking available for all event attendees. Please inquire at check in.

Amenities and Local Information

Family Time <https://lodgeatkananaskis.com/family-time>

Bringing your family? See what the resort has to offer – activities and events for kids, babysitters, and more!

Things to do in Kananaskis <https://kananaskis.com/>

Kananaskis.com brings you local and up-to-date knowledge about activities, lodging and services in Kananaskis Country and surrounding communities, including Bragg Creek, Canmore, Banff & Lake Louise.

Relevant Webpages

- Official CFPC Physician Wellness Retreat webpage: <http://www.cfpc.ca/pwretreat>
- For more about the Physician Wellness+ Initiative, please visit: <http://www.cfpc.ca/en/physicianwellness>

Contact Us

Please reach out to pwretreat@cfpc.ca with any inquiries.