



New Jersey Medical School
Department of Psychiatry

Urban Mental Health 2016

We are very excited to announce the Fourth Annual Conference on Urban Mental Health at The Department of Psychiatry at Rutgers New Jersey Medical School. This year we are turning the focus on enhancing wellness and resilience for both our patients *and* for ourselves as health care providers.

A panel of experts will discuss the most recent developments in the field, from the complexities of burnout and suicide in the workplace to breakthrough medical, psychosocial, and spiritual techniques to keep our bodies, minds, and spirits healthy.

We'd love to see you on November 4!

7:30 – 8:30	Continental Breakfast and Registration
8:30 – 8:45	Welcome and Opening Remarks
8:45 – 9:15	Wellness and Resilience: Where Are We Really in 2016?
9:15 – 10:30	BODY: Nutrition, Exercise, and Sleep Practicum: Putting our bodies to work for us
10:30 – 11:00	Healthy Snacks and Social Networking
11:00 – 12:15	MIND: Positive Psychology at its Best Practicum: How do we train our minds to build resilience?
12:15 – 1:15	Delicious Lunch and Residents' Poster Symposium
1:15 – 2:30	SPIRIT: Role of Mindfulness and Meditation in Modern Medicine Practicum: Beyond yoga mats...
2:30 – 3:00	BODY, MIND AND SPIRIT: Putting It All Together

Friday, November 4, 2016

Registration & Information at:
NJMS.Rutgers.edu/Psychiatry

Medical Science Building, Auditorium B-552, 185 South Orange Avenue, Newark, NJ 07103
Registration, which includes breakfast, snacks, and lunch: \$95 (\$50 for students and trainees).