

WELLNESS & LEADERSHIP CME RETREAT  
ADIRONDACK PARK, NY Sept. 15TH - 18TH, 2023

**WELLNESS & LEADERSHIP CONFERENCE SCHEDULE**

Note: (B)=Breakfast, (L)=Lunch, (D)=Dinner provided

**FRIDAY, Sept. 15<sup>th</sup>: Arrive Adirondack Park / Camp Little Notch (D)**

3-5pm Check-In / Tent Assignments  
5:00 WELCOME / Introductions  
5:30 **Well-derness - Ben Mattingly, MD, FAWM**  
6:30 Dinner  
7:00 **Leading When Things Get "Wild" - Ben Mattingly, MD, FAWM**  
8:00 **It's Exhausting Getting Good Sleep - Zach Testo, MD**  
9:00 Name That Tune Trivia - Led by Zach Testo

**Saturday Sept. 16th: Camp Little Notch (B)(L)(D)**

8:00 Breakfast  
9:00 **Defining and Recognizing Burn-out - Zach Testo, MD**  
10:00 Break / Explain Games/Scoring/Free Time  
11:00 Yoga  
12:00 **Lunch**  
1:00 Optional Workshop (Backpacking 101)  
1:30 Games (Canoe Race, Lawn Games)  
6:30 **Dinner**  
7:30 Trivia with Zach  
8:30 **Imposter Syndrome - Jennifer Bolton, DO**  
**9:30 Addiction in the Physician / Provider - Ben Mattingly, MD**

**Sunday Sept. 17<sup>th</sup>: Camp Little Notch (B)(L)(D)**

8:00 Breakfast  
9:00 **PTSD & Trauma in the Clinician - Eric Silva, MD**  
10:00 Break/Free Time  
11:00 **Yoga**  
12:00 **Lunch**  
12:30 What Lurks Around the Corner (Optional intro to wildlife in the Adirondacks) - Tom Morey, PA-C  
1:30 Free Time - Relax & Pack up for hike (\*Don't forget snack & headlamp!)  
2:00 Leave for hike (10 min drive)  
2:15 Hike to Buck Mountain Summit  
4:15 At summit : **Huddle-Up - Zach Testo, MD**  
6:00 **Dinner**  
6:30 **Case Discussions - "Happiness" Group Review - Led by Ben Mattingly, MD**  
8:45 **Salvaging Negative Interactions - Zach Testo, MD**

**Monday Sept. 18<sup>th</sup>: Camp Little Notch (B)(L)**

8:00 **Breakfast**  
9:00 **Peer Support - Zach Testo, MD**  
10:00 Evals / Discussions / Pack-up  
11:00 Yoga  
12:00 **Lunch**  
12:30 Depart for home