

3rd ANNUAL **WELLNESS CHAMPIONS** FOUNDATIONS COURSE

The **Wellness Champions Foundations Course** is an introduction to evidence-based models of professional and personal well-being in healthcare. In this interactive course, we will explore how to apply these models to our teams and context. We will experiment with resilience tools and learn from more experienced Wellness Champions. Participants will leave equipped with a toolkit, a plan, on-going follow-up support, and an invitation to participate in a well-being poster fair in spring 2024.

TUESDAY, SEPTEMBER 26, 2023 | 8:30 A.M.— 3:30 P.M.

UNIVERSITY OF UTAH ALUMNI HOUSE

155 S. CENTRAL CAMPUS DRIVE

SLC, UT 84112

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Questions? Email us! ResiliencyCenter@hsc.utah.edu

[REGISTER HERE](https://redcap.link/wellnesschampions2023)

OR COPY & PASTE THIS LINK INTO YOUR INTERNET BROWSER:

<https://redcap.link/wellnesschampions2023>

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