



**Live In-Person Event**



**Nicklaus Children's Hospital**



# Faculty Development Series



Wednesday, December 4, 2024 | 5:30 p.m.– 7:30 p.m. | NCH Main Auditorium

**Dinner will be provided**

**Nicklaus Children's Pediatric Specialists (NCPS)**

*Presents*

## **Introduction to Mindfulness for Stress Mastery & Peak Performance for Healthcare Providers**



**Jonathan Fisher, MD, FACC**  
Cardiologist, Author "Just One Heart"  
Organizational Well-Being & Resiliency Leader  
Charlotte, NC

**&**

**Anthony J. Orsini, DO, FAAP**  
NCPS Section Chief of Neonatology  
NICU Medical Director, Jupiter Medical Center  
Medical Director – NCPS Wellness Program  
Jupiter, FL



Agenda
• 5:00pm – 5:30pm – Dinner
• 5:30pm – Welcome
• 5:30pm – 7:30pm – CME Program

**Accreditation Statement:** Nicklaus Children's Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Designation Statement:** Nicklaus Children's Hospital designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Faculty/Planner Disclosure Policy:** In accordance with the Accreditation Council for Continuing Medical Education's Standards for Integrity & Independence, all planners, teachers, and authors involved in the development of CME content are required to disclose to the accredited provider their relevant financial relationships. Relevant financial relationships will be disclosed to the activity audience.

**Commercial Support Disclosure:** No Commercial Support was received for this activity.

The Planning Committee and Staff have no conflicts of interest to declare.

**Objectives:**

At the conclusion of this presentation, attendees are expected to:

1. Review the benefits, arts, and science of mindfulness
2. Acquire evidence-based skills for managing challenging emotions in healthy ways, improving communication, relationships, and life satisfaction
3. Learn three powerful practices to achieve more calm, clarity, and connection at work and at home

**2 CME credits**

To claim CME credits for this session please visit [cme.nicklauschildrens.org/fd2024](http://cme.nicklauschildrens.org/fd2024)

