

# PHYSICIAN RENEWAL RETREAT

March 21-23, 2024

Red Mountain Resort  
Southern Utah



## Conference Agenda

### Thursday, March 21

3:00pm check-in

4:00pm **Anchoring in Nature** with  
Ana Verissimo, MD

5:00pm **Welcome Dinner & Reception**

7:00pm **From Burnout to Burning  
Bright** with Bryan Kono, MD

8:00pm **Integrative Mindfulness** with  
John Carbone, MD

### Friday, March 22

7:30 am-1:30pm **Hiking in Zion  
National Park**

2:00pm **Cultivating a Grounded,  
Loving Presence in Work & Life** with  
Mary Wilde, MD

3:00pm **Drawing Together is  
Medicine** with Andy Barnes, MD

4:00pm **The Art of Healing through  
Reflection: The 'written word'** with  
Ana Verissimo, MD

### Friday, March 22 (cont'd)

5:30pm **Dinner**

7:30pm **Cultural Event** (optional)

### Saturday, March 23

9:00am **The Prescription Is The  
Poetic** with Bryan Kono, MD

10:00am **Outdoor Yoga in Snow  
Canyon**

12:00pm **Lunch**

1:00pm **Your Graphic Medicine  
Manifesto** with Andy Barnes, MD

2:00pm **Immersion in Mindfulness**  
with John Carbone, MD

3:00pm **Everyday Spirituality:  
Rediscovering Meaning, Purpose, &  
Connection** with Mary Wilde, MD

4:00pm-4:30pm **Closing Ceremony**



Register at:

<https://bit.ly/renewal2024>



Book your room:

877-246-4453

\*special event rate thru 2/20 (subject to availability)



Reconnect with yourself and others through this healing weekend of hiking, mindfulness, yoga, art, and poetry.



## REGISTER NOW!

**\*Get the Early Bird rate of \$1325 through Feb 20th! (\$1525 thereafter)**

### What's included:

- 3 days of renewal, growth, & connection
- inspiring presentations & workshops
- a Welcome Reception & other select meals
- supportive community of like-minded physicians
- CME: up to 10 hours of AMA credits
- a chartered half-day trip to Zion National Park
- outdoor yoga, meditation, art, & poetry

\*Travel, lodging, alcoholic beverages, & personal upgrades or purchases not included



## TIME FOR YOU!

Time to pause. Time to rest. Time to breathe. Under blue, sunny skies and surrounded by majestic red mountains, come rediscover yourself! Prioritizing your own health and well-being is what allows you to keep doing the important work you do! Join us in beautiful Southern Utah to reset, renew, and reconnect with your best & most creative self! The time is now to feel more joy & fulfillment. MD's/DO's of all specialties welcome!

## FACULTY

**Mary Wilde, MD** is an Integrative Pediatrician based in Southern Utah.

**Ana Verissimo, MD, MA** is an Integrative Pediatrician based in Connecticut.

**Andy Barnes, MD, MPH** is a Developmental-Behavioral Pediatrician based in Minnesota.

**John Carbone, MD** is a Family Practice Physician based in Connecticut.

**Bryan Kono, MD** is an Integrative Pediatrician based in Colorado.

\*See full bios & session descriptions at <https://bit.ly/renewal2024>



### Red Mountain Resort

(1275 Red Mountain Cir, Ivins, UT 84738) is conveniently located just outside of Snow Canyon State Park & about 1 hour from Zion National Park!

