

# PHYSICIAN RENEWAL RETREAT

March 20-22, 2025

Red Mountain Resort

Southern Utah



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



## Conference Agenda

**Thursday, March 20**

**4:00pm check-in**

**4:30pm Anchoring in Nature** with  
Ana Verissimo, MD

**5:30pm Welcome Dinner & Reception**

**6:30pm Sustainability & Satisfaction  
in Life and Work** with Mary Wilde, MD

**7:30pm Seven Types of Rest** with  
Saundra Dalton-Smith, MD

**Friday, March 21**

**6:30 am-2:00pm Hiking in Zion  
National Park**

**3:00-5:00pm Facilitated Small  
Group Sessions: Exploration**

**5:00pm Integrative Mindfulness** with  
John Carbone, MD

**6:00pm Dinner**

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

**Saturday, March 22**

**8:00am Writing Workshop: The  
Prescription Is The Poetic** with Bryan  
Kono, MD

**9:00am Outdoor Yoga in Snow  
Canyon**

**12:00pm Lunch**

**1:00pm Art Workshop: Drawing  
Together is Medicine** with Andy  
Barnes, MD

**2:00pm Everyday Spirituality:  
Rediscovering Meaning, Purpose, &  
Connection** with Mary Wilde, MD

**3:00pm Facilitated Small Group  
Sessions: Integration**

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



Register at:

<https://bit.ly/renewal2025>



Book your room:

[drmary@drmarywilde.com](mailto:drmary@drmarywilde.com)

\*special event rate thru 2/19 (subject to availability)



## REGISTER NOW!

**\*Get the Early Bird rate of \$1525 through Feb 19th! (\$1725 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! (Spouses may also register & attend.)

## FACULTY

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

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

**Sandra Dalton-Smith, MD** is an Internal Medicine Physician based in Alabama.

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

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

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

\*Full bios at <https://bit.ly/renewal2025>



### 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!

