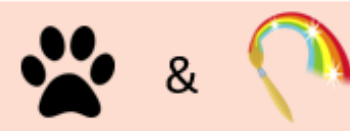
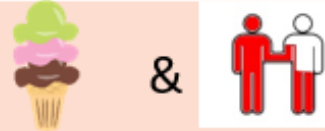
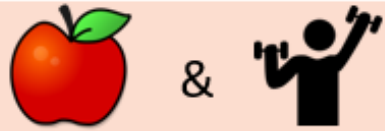


Loyola University Medical Center **GME Wellness Week 2020**



Monday 2/3

Tuesday 2/4

Wednesday 2/5

Thursday 2/6

Friday 2/7

**Nutrition & Physical
Wellness**

*Social,
Relaxation,
&
Community*

**Environmental
&
Social Wellness**

**Relaxation
&
Nutrition**

**Building
Community**

Fresh Fruit in the
workstations

**11am - 1 pm
Ice Cream
Social**

**7am & 12pm
GME Wellness Grand
Rounds**

9-11am

**PAWSitive Therapy
(Puppies!)**

**Clean Up Your
Workspace!**

**Open Fitness Center
access** for all GME
trainees for the **ENTIRE
WEEK.**

Stop by with your teams!
(Father Jack Resident and
Fellow Resiliency Space)

*Processing Loss in
Medicine*

6th floor, 2Neuro and L&D,
LOC, Cancer Center (clinics A
and B)

**11:00am - 1:00 PM
Pizza Lunch**

Kick off your new fitness
focus today!
(See enclosed brochure for
details)

*Sock & Hat Drive Drop Off

Drs. Henry, Patel, and Ozark
0700 Session: SSOM 190
Breakfast will be served
1200 Session: SSOM 460
Snacks will be served

**12pm: Meal Planning
with the Dinner Club
of Lagrange**

**Service Drive
Sign Up**

**11am - 12pm
Chair Massages**

(sign up in advance)
6th floor call room
common area

*Sock & Hat Drive Drop Off

(lunch provided, please RSVP)
Maguire 2812 (by ACLS area)

**Sock & Hat Drive
Blanket Raffle Winner
Announced**

**Program Pedometer
Competition Begins!**

**9am – 3pm
Red Cross
Blood Drive**

Fitness Center Gym

**7pm
Pizza Party For
night float and call
residents**

6th floor call room

**2pm-3pm
Chair Massages**
(sign up in advance)
6th floor call room
common area

**Pedometer
Competition
Winner Announced**

Come join the Graduate Medical Education Department in focusing on Resident Wellness during our **THIRD ANNUAL WELLNESS WEEK!** See the Loyola GME Website for updates, times and locations. Send us pictures of your participation in the events #LoyolaGMEWellness2020!