

LIVE VETERINARY WELLBEING WEBCAST



STRATEGIES FOR SANITY:

Wednesday, December 4, 2019
@ 8:00 p.m. (EST)



5:00 pm
BC (PST)



6:00 pm
AB (MST)



7:00 pm
SK/MB (CST)



9:00 pm
PEI/NB/NS (AST)



9:30 pm
NL (NST)

SAYING “NO” AND SETTING BOUNDARIES

DO YOU AND/OR MEMBERS OF YOUR
VETERINARY TEAM SOMETIMES STRUGGLE
WITH “STAYING SANE” AND MAINTAINING
A HEALTHY WORK-LIFE BALANCE?



Guest speaker: **Marie Holowaychuk**, DVM, Dipl. ACVECC, CYT



Dr. Marie Holowaychuk is a board-certified specialist in small animal emergency and critical care. She lives in Calgary and travels worldwide as a speaker and locum. Marie is a passionate advocate for wellbeing in the veterinary profession. In addition to many years of experience in general, specialty and academic practice, she brings to the table professional training in yoga, meditation, mental health first aid, suicide intervention and life coaching, among others. With a deep understanding of the moral stress, compassion fatigue and burnout to which all members of the veterinary profession are susceptible, Marie develops and facilitates wellness workshops, retreats and online programs for veterinary care providers. She also offers one-on-one coaching. For more information, please visit www.criticalcarevet.ca or follow Marie on Facebook (@DrMarieHolowaychuk), Twitter (@DrMHolowaychuk), Instagram (@MarieHolowaychuk), or LinkedIn (@DrMarieHolowaychuk).

Discover practical strategies for setting boundaries and saying “no,” as well as examples of how to communicate effectively... all from the comfort of your home or office!

Sign up NOW for this exclusive live webcast at
CommuniVET.com/webcast/Holowaychuk

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