WELLNESS CONFERENCES 2018
(from information available as of 8/30/17)

JANUARY

- **New Year’s Hiking and Yoga Retreat**
  January 1-5, 2018
  Scotts Valley, CA

- **Mindful Self-Compassion Teacher Training**
  January 6-12, 2018
  Petaluma, CA

- **Advanced Mind-Body Medicine Training**
  January 18-22, 2018
  Monterey, CA

- **Mastering Difficult Conflicts**
  January 23-25, 2018
  Scotts Valley, CA

- **2nd Annual Physician Wellness Winter Retreat**
  January 26-28, 2018
  Tucson, AZ

- **Put an End to Worry**
  January 26-28, 2018
  Scotts Valley, CA

- **Yoga for the Absolute Beginner**
  January 28 – February 2, 2018
  Scotts Valley, CA

- **Drawing on the Right Side of the Brain**
  January 28 – February 2, 2018
  Scotts Valley, CA

- **Authentic Leadership Immersion**
  January 28 – February 2, 2018
  Scotts Valley, CA

- **ChiRunning and Yoga: Balance in Motion**
  January 28 – February 2, 2018
  Scotts Valley, CA

FEBRUARY

- **Pathways to Physician Diversity: A National Summit**
  February 9-10, 2018
  Phoenix, AZ

- **The Science of Mindfulness and Compassion**
  February 10-11, 2018
  Tucson, AZ

- **Mindfulness-Based Cognitive Therapy (MBCT)**
  February 11-16, 2018
  Petaluma, CA

- **20th Annual Conference – Southern Association for the History of Medicine and Science**
  February 15-17, 2018
  Augusta, GA

- **Wisdom 2.0 2018**
  February 22-24, 2018
  San Francisco, CA

- **International Humanitarian Aid Skills Course**
  February 24-25, 2018
  Stanford, CA

- **Meditation and Visualization Practices for Everyday Living and to Enhance Peak Performance**
  February 26 – March 2, 2018
  Naples, FL

MARCH

- **Mindful Communication: Tips and Tactics for the Busy Professional**
  March 4-9, 2018
  Scotts Valley, CA

- **Mindfulness in Mind-Body Medicine**
  March 4-11, 2018
  Scotts Valley, CA

- **Mindful Self-Compassion Intensive**
  March 11-16, 2018
  Sedona, AZ

- **2018 Annual Consortium of Universities for Global Health Conference**
  March 15-18, 2018
  New York, NY

APRIL

- **Trauma Studies in the Medical Humanities**
  April 12-14, 2018
  Durham, UK
• **Annual Conference of the Association for Applied and Therapeutic Humor**  
  April 12-15, 2018  
  San Diego, CA  

• **2018 Medicine and Religion Conference**  
  April 13-15, 2018  
  St. Louis, Missouri  

• **Global Health & Innovation Conference**  
  April 14-15, 2018  
  New Haven, CT  

• **Mind, Mood and Food**  
  April 15-20, 2018  
  Big Sur, CA  

• **International Health Humanities Consortium Conference: Frankenstein@200**  
  April 20-22, 2018  
  Stanford, CA  

• **Mindful Practice: Enhancing Quality of Care, Quality of Caring, and Resilience**  
  April 25-28, 2018  
  Batavia, NY  

• **National Academy of Medicine Workshop – A Systems Approach to Alleviating Work-induced Stress and Improving Health, Well-being, and Resilience of Health Professionals Within and Beyond Education**  
  April 26-27, 2018  
  Washington, DC  

• **Stanford in the Wild**  
  April 26-29, 2018  
  Fallen Leaf Lake, CA  

• **15th Annual Nutrition and Health Conference**  
  April 30-May 2, 2018  
  Boston, MA  

• **American Osler Society Meeting**  
  May 13-16, 2018  
  Pittsburgh, PA  

• **Mindfulness in Mind-Body Medicine**  
  May 18-25, 2018  
  France  

• **4th Canadian Conference on Positive Psychology**  
  May 23-25, 2018  
  Toronto, Canada  

**JUNE**

• **Mindfulness in Mind-Body Medicine**  
  June 1-8, 2018  
  Rhinebeck, NY  

• **5th International Conference on Music and Medicine**  
  June 7-9, 2018  
  Barcelona, Spain  

• **Lifestyle Medicine: Tools for Promoting Healthy Change**  
  June 22-23, 2018  
  Boston, MA  

• **Mindful Life**  
  June 22-23, 2018  
  Washington, DC  

• **Mindful Self-Compassion Teacher Training**  
  June 24-30, 2018  
  Ontario, Canada  

• **30th Conference of the International Society for Humor Studies**  
  June 25-29, 2018  
  Tallinn, Estonia  

Find wellness conferences of interest to physicians and trainees at:  

[http://wellmd.stanford.edu/connected/classes-cme.html](http://wellmd.stanford.edu/connected/classes-cme.html)