WELLNESS CONFERENCES
Nov 2018 – May 2019
(as of 9/24/18)
WellMD.stanford.edu

November

Mindfulness Leadership Summit
November 1-4, 2018
Washington, DC

Mindfulness Retreat
November 2-4, 2018
Bolinas, CA

International Conference on Health and Armed Conflict
November 5-7, 2018
Beirut, Lebanon

Rules of the Road: Health, Safety, and Security for International Programs that send Staff and Students Overseas
November 8-9, 2018
Washington, DC

Women Leaders in Global Health
November 8-9, 2018
London

Updates in Integrative Medicine and Health 2018
November 8-10, 2018
Tempe, AZ

International Symposium for Contemplative Research
November 8 – 11, 2018
Phoenix, AZ

Humanities in Medicine Symposium
November 10-11, 2018
Jacksonville, FL

Career Advancement and Leadership Skills for Women in Healthcare
November 15-17, 2018
Boston, MA

32nd Annual Meeting of the Society for Literature, Science and the Arts
November 15-18, 2018
Toronto, Canada

Freeing Yourself from the Inner Critic
November 17, 2018
Soquel, CA

Compassion for Couples
November 30 – December 2, 2018
Scotts Valley, CA

December

EndWell Symposium
December 6, 2018
San Francisco, CA

Lifestyle Medicine in Day-to-Day Practice
December 6-8, 2018
Waltham, MA

Mindful Self-Compassion: Core Skills Training
December 7-8, 2018
Berkeley, CA

Meditation for Everyday Living and Peak Performance for Mental Health, Medical and Surgical Practitioners
December 7-8, 2018
Boston, MA

Resilience and Post-Traumatic Growth
December 7-9, 2018
Soquel, CA

Mindful Self-Compassion Intensive Training
December 9-14, 2018
Big Sur, CA

Mindfulness Couples Retreat
December 14-16, 2018
Bolinas, CA

New Year Meditation Retreat
December 28, 2018 – January 4, 2019
Big Sur, CA

January 2019

Mindfulness & Resilience to Stress at Work
January 6, 2019
Online

Empathy & Emotional Intelligence in the Workplace
January 6, 2019
Online

Mindfulness Tools
January 6-11, 2019
Norwood, MA

Navigating Life’s Challenges
January 7-12, 2019
Joshua Tree, CA

Mindful Self-Compassion Teacher Training
January 13-19, 2019
Joshua Tree, CA

Mindfulness Meditation Retreat
January 18-20, 2019
Soquel, CA
Aware
January 18-20, 2019
Scotts Valley, CA
mPEAK: Mindful Performance Enhancement, Awareness and Knowledge
January 25-27, 2019
San Diego, CA
4th Western Positive Psychology Association Conference
January 26, 2019
Claremont, CA

February

What You Practice Grows Stronger: Mindfulness and Neuroplasticity
February 1-3, 2019
Scotts Valley, CA
Healthy Kitchens, Healthy Lives: Caring for Our Patients and Ourselves
February 6-8, 2019
Napa Valley, CA
Physician Wellness Couples Retreat: Sustaining Healthy Relationships
February 10-13, 2019
Ojai, CA
International Humanitarian Aid Skills Course
February 23-24, 2019
Stanford, CA
Mindful Self-Compassion at Work
February 24 – March 1, 2019
Scotts Valley, CA

March

Wisdom 2.0 – Living Mindfully in the Digital Age
March 1-3, 2019
San Francisco, CA
Society of Behavioral Medicine Annual Meeting
March 6-9, 2019
Washington, DC
10th Annual Consortium of Universities for Global Health Conference
March 8-10, 2019
Chicago, IL
Mindfulness-Based Cognitive Therapy
March 9-14, 2019
Petaluma, CA

21st Annual Conference – Southern Association for the History of Medicine and Science
March 14-16, 2019
Charlottesville, VA
International Health Humanities Consortium Conference
March 28-30, 2019
Chicago, IL
2019 Medicine and Religion Conference
March 29-31, 2019
Durham, North Carolina

April

Physician Wellness Spring Retreat: Supporting Joy in Medicine
April 1-3, 2019
Tucson, AZ
Annual Conference of the Association for Applied and Therapeutic Humor
April 4-7, 2019
Chicago, IL
Global Health & Innovation Conference
April 13-14, 2019
New Haven, CT
Integrative Mental Health Conference
April 15-17, 2019
San Francisco, CA
Stanford in the Wild
April 25-28, 2019
Fallen Leaf Lake, CA
American Association for the History of Medicine Conference
April 25-28, 2019
Columbus, OH
National Consortium for Building Healthy Academic Communities Summit
April 29 – May 1, 2019
Columbus, OH

May

2019 LGBT Health Workforce Conference
May 3-4, 2019
New York, NY
American Osler Society Meeting
May 12-15, 2019
Montreal, Canada
Burnout to Brilliance: Physician Wellness Symposium
May 15-19, 2019
San Diego, CA

Stanford Healthy Living Retreat for Women
May 16-19, 2019
Fallen Leaf Lake, CA

Food As Medicine for Women’s Health Professional Training Program
May 19-24, 2019
Big Sur, CA