



**Need solutions to manage stress and avoid burnout?
Join us for Dr. Stacey Funt's unique session on creating
a self-care tool box.**

It's LOCAL!!! It's CONVENIENT!!!

Topic: Stress Management and Burnout Prevention for the Healthcare Provider – Finding Your Internal Valium Switch (Approved for 1.5 SDMS CME credits)

Description:

Our days are chock-filled with the requirement to provide quality care to patients and deal with increased caseloads, all while we attempt to find harmony for our personal equilibrium. How can we balance it all without burning out? Dr. Stacey Funt, a Radiologist and a Health and Wellness Coach, has answers to this dilemma that affects so many of those in the healthcare industry. Her presentation is designed to help Sonographers and healthcare professionals develop quick and easily available techniques to support managing stress at work.

Course Objectives:

- Discuss the role of our body's "fight or flight" system and the effects of chronic activation
- Understand how the physical body can get out of stress and back into a calm state
- Learn mind-sets and simple techniques to practice that can be used during the work day to mitigate stress.

About Our Speaker:



Dr. Stacey Funt is a practicing Radiologist, national board-certified Health/Wellness Coach, and Clinical Instructor in Lifestyle Medicine at Stony Brook University Hospital. She strongly believes that self-care belongs in healthcare and she works extensively with healthcare professionals to support wellness. Through interactive workshops, grand rounds, retreats, and coaching, Dr. Funt supports value-based living, stress management techniques, positive psychology, and metacognition for optimal well-being. Dr. Funt trained at NYU and Mount Sinai Medical Centers and is the founder of Lifestyle Health, LLC.

1.5 SDMS CME Credits



**Banish Workplace
Stress**

04/28/2020

This course is sponsored in part by:



When & Where:

Tuesday, April 28, 2020

6:15 – 7:00 PM - Meet & Greet – Light dinner will be provided.

7:00 – 8:30 PM - Presentation with Dr. Funt will begin promptly at 7:00 PM.

This event will be held at Ultrasound Solution Corp.'s new state-of-the-art facility in Ronkonkoma, NY. We are conveniently located off either the Long Island Expressway or Sunrise Highway at:

123 Comac Street
Ronkonkoma, NY 11779
800 – 773 - 4582

(White building at the northwest corner of Comac Street and 9th Avenue. The building entrance faces 9th Avenue. Additional parking is available in the rear of the building.)

**This activity has been approved for 1.5 SDMS CME credits.
The CME participant roster will be reported by Ultrasound Solutions Corp. to the
SDMS CME Tracker System.**

This activity is tracked by





CME REGISTRATION INFORMATION

PRE-REGISTRATION IS REQUIRED for this event!

**All Registration Forms and Payment must be received by
Tuesday, April 21, 2020**

Name: _____

Facility/Organization: _____

Specialty: _____

ARDMS # (if applicable): _____

SDMS # (if applicable): _____

CCI # (if applicable): _____

Address: _____

City: _____ State: _____ ZIP: _____

Date of birth (*required*): _____

Best phone # to contact you at (*required*): _____

Email Address (*required*): _____

Registration Fee / Tuition: \$15.00

Payment can be made by **check** or **credit card**:

- Please make checks payable to: **Ultrasound Solutions Corp.**

- Credit Card (check one): ___ Discover ___ Visa ___ Mastercard ___ AMEX

o Name as it appears on credit card _____

o Billing address for credit card _____

o Credit card account number _____

o Expiration Date _____

o Security code on back of credit card _____

o Cardholder's Signature _____

Space is very limited! Enroll now!

All **Registration Forms** must be received by
Tuesday, April 21, 2020.

Registration can be done by:

Mail: 123 Comac Street, Ronkonkoma, NY 11779

Email: rcann@uscultrasound.com

Phone: 800 - 773 - 4582

If you have any questions, please contact:

Rosemarie Cann, BS, RDMS, RDCS

CME Coordinator

800 - 773 - 4582

rcann@uscultrasound.com

Keep checking our website www.uscultrasound.com for the schedule of
upcoming course offerings.



Everything Ultrasound!



**Ultrasound Solutions Corp.
More Ultrasound. More Solutions.
Focused On Meeting Your CME Needs Locally.**