

1 SDMS CME Credit


 USC
ULTRASOUND

 Coping with
COVID

04/28/2020

Overwhelmed by the stress and demands of this pandemic?

Join us for Dr. Stacey Funt's unique session on
creating a self-care tool box.

Tuesday, April 28th, 7:00 PM

Stay home and join us for a [FREE](#) virtual session via Zoom

Topic: Stress Management and Burnout Prevention for the Healthcare Provider – Finding Your Internal Valium Switch (Approved for 1 SDMS CME credit)

Description:

(Re-designed to address the current Coronavirus crisis) 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:



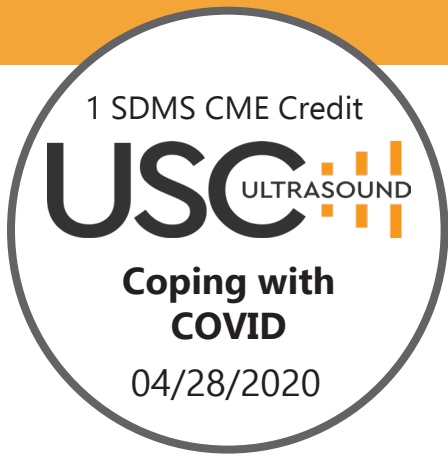
Dr. Stacey Funt is a practicing Radiologist, national board-certified Health/Wellness Coach, and Clinical Instructor in Lifestyle Medicine at Stony Brook University Hospital. She strongly believes that self-care belongs in healthcare and she works extensively with healthcare professionals to support 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.

This activity has been approved for 1 SDMS CME credit.

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 FREE event!

**All Registration Forms 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*): _____

ONCE YOU REGISTER, A LINK WILL BE EMAILED TO YOU TO JOIN THE SESSION.

Enroll now for this FREE event!

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

Email completed forms to: rcann@uscultrasound.com

If you have any questions, please contact:
Rosemarie Cann, BS, RDMS, RDCS
CME Coordinator
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Keep checking our website www.uscultrasound.com for the schedule of
upcoming course offerings.



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