



## Agenda

### BQSIMB Spring Meeting & Wellness Symposium

Tuesday, June 26, 2018

12:00-3:30

12-1 BQSIMB Business Meeting with Lunch

*Business Meeting Call to Order*

President's Report  
Approval of Spring 2017 Meeting Minutes  
Treasurer's Report

*Committee Reports and Discussion*

Archives – Laraine Tursi  
Bylaws – William Self  
Cooperative Purchasing – Sheryl Ramer  
Membership – Natalia Ryvkin  
Nominating Committee – Sheryl Ramer  
Political Action – Rimma Perelman  
Publicity/Web Site – Yelena Friedman  
Shared Resources – Lydia Friedman  
Metro Update – Nathalie Reid

1-1:15 Break

1:15-1:45 Fouad Atallah, MD

Department of Obstetrics and Gynecology, Maimonides Medical Center

**Overview of Burnout & Wellness Programs**

2:00-3:00 **Panel Discussion “Wellness: Healthcare Workers and Beyond”**

Afia Bediako, MPH, WorkWell NYC Program Coordinator

Rebecca Carman, LCSW, NYC Health+Hospitals/Elmhurst

Peter Cole, MLS, Chief, Learning Resources, VA New York Harbor Healthcare System

Kathy Koller, Yoga and Meditation Practitioner, stressreductionnyc

3:00-3:30 Guided Meditation

Kathy Koller, stressreductionnyc