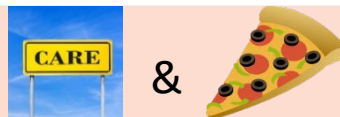
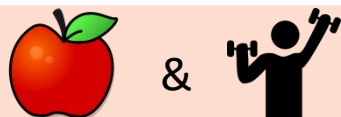


# Loyola University Medical Center GME Wellness Week 2020



**Monday 2/3**

**Nutrition & Physical Wellness**

*Tuesday 2/4*

*Social, Relaxation, & Community*

**Wednesday 2/5**

**Environmental & Social Wellness**

**Thursday 2/6**

**Relaxation & Nutrition**

*Friday 2/7*

**Building Community**

**Fresh Fruit in the workstations**

**Open Fitness Center access** for all GME trainees for the **ENTIRE WEEK.**

Kick off your new fitness focus today!  
(See enclosed brochure for details)

**Program Pedometer Competition Begins!**

**11am - 1 pm Ice Cream Social**

**Stop by with your teams!**  
(Father Jack Resident and Fellow Resiliency Space)

\*Sock & Hat Drive Drop Off

**11am - 12pm Chair Massages**

(sign up in advance)  
6th floor call room common area

**9am – 3pm Red Cross Blood Drive**

Fitness Center Gym

**7am & 12pm Wellness Lecture**  
*Processing Loss in Medicine*

Drs. Henry, Patel, and Ozark  
0700 Session: SSOM 190  
**\*Breakfast will be served\***  
1200 Session: SSOM 460

**\*Snacks will be served\***

\*Sock & Hat Drive Drop Off

**7pm Pizza Party For night float and call residents**

6th floor call room

**9-11am PAWSitive Therapy (Puppies!)**

6th floor, 2Neuro and L&D, LOC, Cancer Center (clinics A and B)

**12pm: Meal Planning with the Dinner Club of Lagrange**

(lunch provided, please RSVP)  
(School of Nursing 2535B)

**2pm-3pm Chair Massages**

(sign up in advance)  
6th floor call room common area

**Clean Up Your Workspace!**

**11:00am - 1:00 PM Pizza Lunch**  
6th floor call room

**Service Drive Sign Up**

**Sock & Hat Drive Blanket Raffle Winner Announced**

**Pedometer Competition Winner Announced**

**Come join the Graduate Medical Education Department in focusing on Resident Wellness during our THIRD ANNUAL WELLNESS WEEK! See the Loyola GME Website for updates, times and locations. Send us pictures of your participation in the events #LoyolaGMEWellness2020 !**