Physician Health and Wellbeing Summit

You’re Invited!

Keynote External Guest Speaker: Dr. Rajiv Misquitta, Medical Director, Lifestyle Medicine Department, Kaiser Permanente South Sacramento Medical Center

Title: Joy of Medicine: A Unique Approach to Physician Wellness in the Sacramento Region

Dr. Misquitta is the principal investigator of a research trial called Health Achieved through Lifestyle Transformation (HALT), an intensive lifestyle program with a focus on plant-based eating and its effects on patients with diabetes and heart disease. He attended medical school at State University of New York (SUNY) Downstate and completed his residency in Internal Medicine at the University of California, Davis Medical Center where he later served as a chief resident. He was elected to the Alpha Omega Alpha honors medical society. He is also one of the authors of a recent landmark special report in the Permanente Journal on Lifestyle Medicine and its dramatic impact on health and survival. He is also certified as a plant-based chef, personal trainer and a yoga instructor, and has co-authored a book on health lifestyles. Dr. Misquitta serves as the current president of the Sierra Sacramento Valley Medical Society (SSVMS) and chairs the Joy of Medicine committee which focuses on improving physician wellness in the Sacramento region.

November 14, 2018
2 p.m. – 5 p.m.
UC Davis Health,
Betty Irene Moore Hall
2570 48th St.
Sacramento, CA 95817

Register by November 2
Registration is free but required to attend. Click HERE to register.

http://www.ucdmc.ucdavis.edu/psychiatry/education/phwb/index.html

WEDNESDAY
November 14

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