



Faculty Development, Diversity & WIMS Update
January, 2021

HAPPY NEW YEAR 2021

Resources

Dr. Barbra Roller shares this resource with the group. The University of Pennsylvania Alumni Association. In their most recent alumni magazine edition, there was an article (attached) describing how Penn Medicine is incorporating art into the experience of their clinicians in order to reduce burnout. Anyone is welcome to sign up for their weekly art work and narrative. The art work and the explanations about the art work are wonderful. They call this project “The Museum Prescription.” You can sign up at rxmuseum.org to receive weekly emails from them.

Click on hyperlink to view article

[Penn Gazette RX Prescription](#)

Thanks, Dr. Roller, for this opportunity!

AMWA (American Medical Women’s Association) is a wonderful resource for women in medicine. Kindly see this link for their newsletter, website, and ways to support and be supported: <https://www.amwa-doc.org/>



American Medical **Women's** Association



Herbert Wertheim
College of Medicine

Upcoming Events:

Register in advance for this meeting:

<https://fiu.zoom.us/meeting/register/tJMldOmtrj8uEtKcyaaMAqJWY4gnYdZPvFK>

FIU COLLABORATION


FIU Women in Medicine and Science
FLORIDA INTERNATIONAL UNIVERSITY

FIU Herbert Wertheim College of Medicine

FIU Law Well-Being

FIU Law

RESILIENCE EXPERT AND COACH AT UCLA, NIKITA GUPTA



RESILIENCE WORKSHOP FOR FACULTY AND STAFF

January 15, 2021 12:30-1:45pm
[click here to register](#)

Join the meeting at 12:20 pm for a fun ice breaker before the workshop



Virtual Community Health Classes Week of January 4

HOW TO JOIN A CLASS: Classes are in Eastern Standard Time (EST). To join one of the classes below, simply click on the link from any electronic device or enter the ID on Zoom with the password "zoom" in lowercase letters. New to Zoom? Visit <https://zoom.us/join> to learn more. Classes are subject to change without notice. Visit Events.BaptistHealth.net for the most updated list.

Any Day or Time:

Check out Baptist HealthTalk

Podcasts on trending topics all day every day.

Click [here](#) for more information.

Diabetes: Beyond the Basics

Take our free on-line diabetes course in partnership with Florida International University.

Click [here](#) for more information.

Nutrition Done Right Take our free on-line nutrition course in partnership with Florida International University.

Click [here](#) for more information.

Wednesday, January 6

8:30 a.m. | ID: 938 4530 2803

Zumba® Gold

<https://baptisthealth.zoom.us/j/93845302803?pwd=K0pUZ1pTVHd2OG1UMnVOTmtVbiQrZz09>



9:30 a.m. | ID: 913 1744 3522

Meditation and Stretch

<https://baptisthealth.zoom.us/j/91317443522?pwd=TEExVNVVnNWNWS3JFLzhZa282a1hRZz09>

10:30 a.m. | ID: 930 5550 4571

Cardio Strength

<https://baptisthealth.zoom.us/j/93055504571?pwd=Q3FMUDZ0V0JONW1STVJWYStLSGFqZz09>

11:30 a.m. | ID: 939 3264 3505

Chair Tai Chi

<https://baptisthealth.zoom.us/j/93932643505?pwd=bHM4Y0lITIZkTDlwQTFBZ0tvd3JTdz09>

12 noon | ID: 922 7442 9564

Barre

<https://baptisthealth.zoom.us/j/92274429564?pwd=SW91L3NsOUluUDRwT2hMM2JLMnNWQT09>

12:30 p.m. | ID: 954 1111 0201

Mind Over Muscle: Progressive Muscle Relaxation Meditation

<https://baptisthealth.zoom.us/j/95411110201?pwd=d09sMTBTdmV0TU5DTDZwM0hVU2I1UT09>

4 p.m. | ID: 958 2096 8971

Line Dancing

<https://baptisthealth.zoom.us/j/95820968971?pwd=UHgxbm50aGNTTFNXcE1rbnowajVPQT09>

4:30 p.m. | ID: 975 5168 9526



Let's Talk About Women's Health - Kicking Off Your New Year's Weight Loss with Intermittent Fasting

<https://baptisthealth.zoom.us/j/97551689526?pwd=aFlIK0gvSElYeFdPMFM3N3NieTkydz09>

5 p.m. | ID: 983 9962 4089

Stretch and Relax

<https://baptisthealth.zoom.us/j/98399624089?pwd=VXdqbC9iUDErNytKRvY3eFlIY0t5Zz09>

6 p.m. | ID: 923 3776 4943

Wellness Wednesday: Fitness

<https://baptisthealth.zoom.us/j/92337764943?pwd=YnRrU2FaRi9KR1pzZ0VHcWNQQTvHhZz09>

7 p.m. | ID: 967 6047 2532

Yoga

<https://baptisthealth.zoom.us/j/96760472532?pwd=OVlvWUxaM2p2eExqM2gzbxXUcVUdz09>

Thursday, January 7

8 a.m. | ID: 947 3377 9273

Barre

<https://baptisthealth.zoom.us/j/94733779273?pwd=bkZBdEJWTEU2LzIqZjJWMS9MRIFQUT09>

8:30 a.m. | ID: 973 4793 3368

Core and Stretch

<https://baptisthealth.zoom.us/j/97347933368?pwd=bmNmUDNONmE4bjhsbWp2RlFsb2JDUT09>



9 a.m. | ID: 927 6994 8595

Tai Chi

<https://baptisthealth.zoom.us/j/92769948595?pwd=TzBra0cyMTdrYzE5TlZQbzdHRk9rUT09>

10 a.m. | ID: 981 8295 4717

Total Body Sculpt

<https://baptisthealth.zoom.us/j/98182954717?pwd=USt4WmFSejJXQWZVS1hEWGdsR0Vodz09>

10 a.m. | ID: 950 4923 3416

15 Minutes to Refresh and Recharge

<https://baptisthealth.zoom.us/j/95049233416?pwd=ZWISZ1BMWW41RzlhXNzWEpRdlldBQT09>

12 noon | ID: 923 5911 5634

Tai Chi

<https://baptisthealth.zoom.us/j/92359115634?pwd=N1dYRDREQkhSM3BYRDRIN1ZiUnYrdz09>

12 noon | ID: 978 4135 7397

Say "Hello" to Healthcare at Home

<https://baptisthealth.zoom.us/j/97841357397?pwd=bGILQitYcmtNR3dzdkt4dFI5d2xmUT09>

12:30 p.m. | ID: 934 4062 5407

Ask the Psychiatrist: New Year, New Year's Resolutions

<https://baptisthealth.zoom.us/j/93440625407?pwd=allxTUU2MngwTDRJTUpJSjZMNHI6Zz09>

Rachel Rohaidy, M.D.



1 p.m. | Boca Ballet Theatre Virtual Movement Class

Click to Register: <https://us02web.zoom.us/meeting/register/tZUqcOCuqj4tG9c-EpCMVdMOPvzh7cTNqema>

2 p.m. | ID: 956 2995 6004

Zumba®

<https://baptisthealth.zoom.us/j/95629956004?pwd=NUttWmI0Z1BBbDd6MVh0UVJSenE2QT09>

3 p.m. | ID: 995 2198 5810

Nutrition Resolutions for 2021

<https://baptisthealth.zoom.us/j/99521985810?pwd=WnNlb2lQb2RpcGlZNjIwK0tKZG1MZz09>

5 p.m. | ID: 926 8306 2641

Yoga With Bayfront Park

<https://baptisthealth.zoom.us/j/92683062641?pwd=VW95empaMzJzNzZLV2tLOXJ0dEt5dz09>

6:30 p.m. | ID: 910 2709 5004

Thoughtful Thursday Fitness

<https://baptisthealth.zoom.us/j/91027095004?pwd=Q0VRNFZrSy9tTlNKbllYm1F2NlNtZz09>

7 p.m. | ID: 923 5563 4532

Pilates

<https://baptisthealth.zoom.us/j/92355634532?pwd=SHRyMTB2dXgzZlNuRUR2L0tjQ25nZz09>



Friday, January 8

8 a.m. | ID: 989 0530 3794

Barre

<https://baptisthealth.zoom.us/j/98905303794?pwd=UWZmSnlld1NmYjE3WG5ZQ1pEejBsUT09>

8:30 a.m. | ID: 916 0684 5749

Cardio Strength

<https://baptisthealth.zoom.us/j/91606845749?pwd=bituV3FRU1BWV1pEM1NmY0o1M1YwUT09>

9:30 a.m. | ID: 926 2661 2741

Meditation and Tips for Emotional Well-being

<https://baptisthealth.zoom.us/j/92626612741?pwd=SU8yQTFyWUp6SUtEUjVWQitrUnA1dz09>

9:30 a.m. | ID: 942 0497 6173

20/20/20 Fitness

<https://baptisthealth.zoom.us/j/94204976173?pwd=ZThtWk1HTGEraEZRK0ZxVHZBaEpLQT09>

10 a.m. | ID: 939 7942 8084

Pilates

<https://baptisthealth.zoom.us/j/93979428084?pwd=eElyZ1V6am5nMUpZeVIXenNHS3NQQT09>

11 a.m. | ID: 998 6767 7585

Nutrition Trends for 2021

<https://baptisthealth.zoom.us/j/99867677585?pwd=SVplc1RTZjBSMStZa0JmRnIPMFJvQT09>



11 a.m. | ID: 997 7582 2018

Tai Chi

<https://baptisthealth.zoom.us/j/99775822018?pwd=MHZvdDJUL1BZcUJ1Rkh2aUZMRIVZQT09>

12:30 p.m. | ID: 919 9648 6379

Zumba®

<https://baptisthealth.zoom.us/j/91996486379?pwd=d1lxNEdUbEpNZXFYSGxZb3NCQ1NnUT09>

2:30 p.m. | ID: 996 6487 0114

15 Minutes to Refresh and Recharge

<https://baptisthealth.zoom.us/j/99664870114?pwd=UDBQSW1YcHhY240SUMzaHlrYnFqUT09>

4 p.m. | ID: 981 8476 9299

Zumba®

<https://baptisthealth.zoom.us/j/98184769299?pwd=UUJoSlJRaXd2WGZFK0NqZUxSU0VFdz09>

Saturday, January 9

8 a.m. | ID: 955 7772 0772

Barre

<https://baptisthealth.zoom.us/j/95577720772?pwd=NHBObGt0MVR3eGlqMUgzeUEwZzNhQT09>



9 a.m. | ID: 995 9729 5578

Zumba®

<https://baptisthealth.zoom.us/j/99597295578?pwd=dUIOajRPaTdPVVk3RWVCVmlYZFlmZz09>

10 a.m. | ID: 958 9165 1864

Yoga With The Underline

<https://baptisthealth.zoom.us/j/95891651864?pwd=eXBsOWVpcnVtN09MenVLQXpvcXhhUT09>

11:30 a.m. | ID: 944 2759 3807

Tai Chi

<https://baptisthealth.zoom.us/j/94427593807?pwd=SGR0SndVV1BXTHpuZ2cvNDRjUXdHQT09>

1:30 p.m. | ID: 934 0598 5729

Zumba® Toning

<https://baptisthealth.zoom.us/j/93405985729?pwd=RW1qZ0o2TDdzbzBuOVNQTElRYnBZZz09>

Questions? Email Programs@BaptistHealth.net.

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