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/
Upcoming Events:

Register in advance for this meeting:
https://fiu.zoom.us/meeting/register/tJMIdOmtrj8uEtKcyaoMAqJWY4gnYdZPvFK
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.

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Wednesday, January 6

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

Zumba® Gold

https://baptisthealth.zoom.us/j/93845302803?pwd=K0pUZ1pTVHd2OG1UMnVOTmtVbjQzZz09
9:30 a.m. | ID: 913 1744 3522
Meditation and Stretch
https://baptisthealth.zoom.us/j/91317443522?pwd=TExVNVVnNWNWS3JFLzhZa282a1hRZz09

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=bHM4Y0lITIZkTDIwQTFBZ0tvd3JTdzc09

12 noon | ID: 922 7442 9564
Barre
https://baptisthealth.zoom.us/j/9227429564?pwd=SW91L3NsQUluUDRwT2hMM2JLMnNWQT09

12:30 p.m. | ID: 954 1111 0201
Mind Over Muscle: Progressive Muscle Relaxation Meditation
https://baptisthealth.zoom.us/j/9541110201?pwd=d09sMTBTdmV0UT5DZwM0hVU2l1UT09

4 p.m. | ID: 958 2096 8971
Line Dancing
https://baptisthealth.zoom.us/j/95820968971?pwd=UHgx bm5OaGNTFNcE1rbnowajVPQT09

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=aFlIK0gvSEIYeFdPMFM3N3NieTkYd09

5 p.m. | ID: 983 9962 4089

Stretch and Relax

https://baptisthealth.zoom.us/j/98399624089?pwd=VXdqC9iUDEnytKRVY3eFlY0t5Zz09

6 p.m. | ID: 923 3776 4943

Wellness Wednesday: Fitness

https://baptisthealth.zoom.us/j/92337764943?pwd=YnRrU2FaRi9KR1pzZ0VHCWNQQTvhZz09

7 p.m. | ID: 967 6047 2532

Yoga

https://baptisthealth.zoom.us/j/96760472532?pwd=OVlvWUxaM2p2eExqM2gzbXDUcVVUzd09

Thursday, January 7

8 a.m. | ID: 947 3377 9273

Barre

https://baptisthealth.zoom.us/j/94733779273?pwd=bkZBdEJWTEU2LrlqZfJWMS9MRIFQUT09

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

Core and Stretch

https://baptisthealth.zoom.us/j/97347933368?pwd=bNmUDNONmE4bjhsbWp2RFsb2JDUT09
9 a.m. | ID: 927 6994 8595
Tai Chi
https://baptisthealth.zoom.us/j/92769948595?pwd=TzBra0cyMTdrYzE5I2ZQbzdHRk9rUT09

10 a.m. | ID: 981 8295 4717
Total Body Sculpt
https://baptisthealth.zoom.us/j/98182954717?pwd=USt4WmFSejJXQWVS1hEWGdsR0Vodz09

10 a.m. | ID: 950 4923 3416
15 Minutes to Refresh and Recharge
https://baptisthealth.zoom.us/j/95049233416?pwd=ZWlSZ1BMWW41RzlhaXNzWEpRddlBQT09

12 noon | ID: 923 5911 5634
Tai Chi
https://baptisthealth.zoom.us/j/92359115634?pwd=N1dYRDREQkhSM38YRDRIN1ZIUnYrdz09

12 noon | ID: 978 4135 7397
Say "Hello" to Healthcare at Home
https://baptisthealth.zoom.us/j/97841357397?pwd=bGlLQitYcmtNR3dzdkt4dFl5d2xmUT09

12:30 p.m. | ID: 934 4062 5407
Ask the Psychiatrist: New Year, New Year’s Resolutions
https://baptisthealth.zoom.us/j/93440625407?pwd=allxTUUniversityTheometTSRdzt4dFl5d2xmUT09

Rachel Rohaidy, M.D.
1 p.m. | Boca Ballet Theatre Virtual Movement Class

Click to Register: https://us02web.zoom.us/meeting/register/tZUqcOCuqj4tG9c-EpCMVdM0Pvzh7cTNqema

2 p.m. | ID: 956 2995 6004

Zumba®

https://baptisthealth.zoom.us/j/95629956004?pwd=NUttWml0Z1BBbDd6MVh0UVJSenE2QT09

3 p.m. | ID: 995 2198 5810

Nutrition Resolutions for 2021

https://baptisthealth.zoom.us/j/99521985810?pwd=WnNlb2lQb2RpcGlZNjlwK0tKZG1MZz09

5 p.m. | ID: 926 8306 2641

Yoga With Bayfront Park

https://baptisthealth.zoom.us/j/92683062641?pwd=VW95empaMzJzNzZLV2ttLOXJ0dEt5dz09

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

Thoughtful Thursday Fitness

https://baptisthealth.zoom.us/j/91027095004?pwd=Q0VRNFZrSy9tTlNkbjlyM1F2NiNtZz09

7 p.m. | ID: 923 5563 4532

Pilates

https://baptisthealth.zoom.us/j/92355634532?pwd=SHRyMTB2dXgzelNuRUR2L0tjQ25nZz09
Friday, January 8

8 a.m. | ID: 989 0530 3794

Barre
https://baptisthealth.zoom.us/j/98905303794?pwd=UWZmSnIlId1NmYjE3WG5ZQ1pEejB5UT09

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=SU8yQTFyUWp6SUtEUjVWQitrUnA1dz09

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

20/20/20 Fitness
https://baptisthealth.zoom.us/j/94204976173?pwd=ZThtWk1HTG EraEZRK0ZxVHZBaEpLQT09

10 a.m. | ID: 939 7942 8084

Pilates
https://baptisthealth.zoom.us/j/93979428084?pwd=eElyZ1V6am5nMU pZeVIXenNHS3NQQT09

11 a.m. | ID: 998 6767 7585

Nutrition Trends for 2021
https://baptisthealth.zoom.us/j/99867677585?pwd=5VPlc1RTZjBSMStZa0JmRnPMfJvQT09
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=UDBQSW1YcHhIY240SUMzaHlrYnFqUT09

4 p.m. | ID: 981 8476 9299
Zumba®
https://baptisthealth.zoom.us/j/98184769299?pwd=UUJoSJRaXd2WGZFk0NqZUxSU0VFdz09

Saturday, January 9

8 a.m. | ID: 955 7772 0772
Barre
https://baptisthealth.zoom.us/j/95577720772?pwd=NHBObGt0MVR3eGlqMUgZeWJzNhFT09
9 a.m. | ID: 995 9729 5578
Zumba®
https://baptisthealth.zoom.us/j/99597295578?pwd=dUlOajRPaTdPVVk3RWVCVmlYZFlmZz09

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=SGROSnMorV1BXTHpZ2cvNDRjUXdHQT09

1:30 p.m. | ID: 934 0598 5729
Zumba® Toning
https://baptisthealth.zoom.us/j/93405985729?pwd=RW1qZ0o2TDdvbzB39NQTeiRYnBZz09

Questions? Email Programs@BaptistHealth.net.

To contribute to our monthly updates, please contact us and copy Wendy Bravo wbravo@fiu.edu

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