

Dear AAIP & ANAMS Members,

The AAIP Wellness Committee is pleased to invite you to participate in the launch of our new Physicians Wellness Hour starting **November 7 at 5 p.m. Pacific Time (8 p.m. Eastern Time)**. Our first discussion will be on *Racism in Medicine* with speakers Dr. Shaquita Bell, Dr. Mary Owen, and Dr. Allison Empey. Join us for an engaging discussion. Contact Margaret Knight at mknight@aaip.org for zoom link information.

Please also register now for the second discussion on *Stress, Anxiety and Insomnia* featuring Dr. Allison Kelliher and Dr. Katya Adachi Serrano on **Nov. 14 at 5 p.m. Pacific Time (8 p.m. Eastern Time)**. Register by contacting Margaret Knight at mknight@aaip.org. Register soon if you want to receive plant medicines in advance of the event so you can follow along in the discussion. (The registration link will be available shortly. Or alternatively... Register by contacting Margaret Knight at her email mknight@aaip.org)

Our third gathering will be on **Dec. 12 at 5 p.m. Pacific Time** and the discussion topic will be *Indigenous Foods* with Dr. Terry Maresca as moderator joining Dr. Gary Ferguson and Dr. Melissa Lewis. Contact Margaret Knight at mknight@aaip.org for zoom link information.

Our Wellness Hour gatherings will continue monthly into 2021.

Next up: Talking Circles Save-the-Dates

Please join us.

Thank you
Charlene Hansen, MD