



From the Director of the Office of Staff Wellbeing



UNIVERSITY OF ALBERTA
FACULTY OF MEDICINE & DENTISTRY
Department of Anesthesiology & Pain Medicine

From the Director of the Office of Staff Wellbeing: October Wellness Newsletter

■ Hello everyone,

Happy Fall from me and my Shiny New Hip!
Thanks for the great spinal Dr Nadwidny.

***"I think the most significant work we'll do
in our whole life, in our whole world is done
within the four walls of our home."***

~ Stephen R. Covey



As some of you know, my husband has always been at home full time, and is used to having time and space to himself and nowI am home for 3 months to rehab I think you can see where this is going!

So thank goodness for the timely arrival of the PFSP e-book "The Well- Being of Medical Relationships"

Well written, clear and concise, this book discusses relationships with your partner, your colleagues and yourself. [Free download](#). Highly recommended.

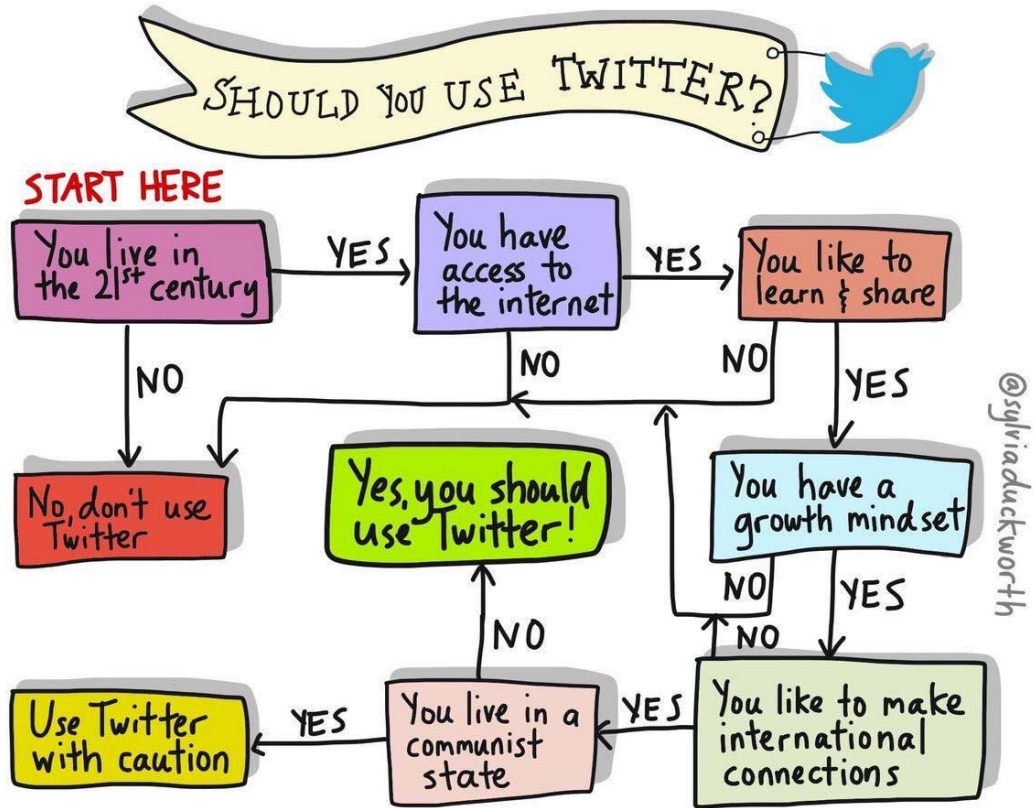
[NEW DATE for Book Club](#)

- **Monday 17 October at 18:30**
- We will discuss: ***"When Breath becomes Air"*** by: Dr Paul Kalanithi
- Pizza and drinks at my home ([map](#))
- Please RSVP to me at susanjeanreid@gmail.com

[SAVE THE DATE](#)

- **1st Annual Anesthesia Staff Wellness Retreat** for staff and significant others
- **Saturday 11 February 2017**
- **Location:** Alfred Savage Centre, Edmonton
- Details in November Newsletter

And finally, because I am on a bit of a mission,



All good things, Sue

Sue Reid
Director, Office of Staff Wellbeing
Department of Anesthesiology & Pain Medicine